

MCA Prayer Activity All Ages



Living with an Attitude of Gratitude

Goal: Introduce students to the virtue of gratitude. Saint Ignatius Loyola made gratitude the first step in his daily Examen saying, “I note the gifts that God’s love has given me this day, and I give thanks to God for them.” A grateful heart is a humble heart; both are mile markers on the path to holiness!

Leader: This month, we celebrate the blessings in our lives. Quite often, we think of the larger ones and miss the opportunity to say thank you to God for the little things in life for which we are grateful. Let’s spend November supporting each other in this “Attitude of Gratitude” for things big and small.

Reader 1: As we listen to God’s word today, let’s be mindful of His message, asking ourselves, “Do I give thanks to God in all circumstances?”

Reader 2: A Reading from a letter from St. Paul to the Thessalonians (1TH 5:14-19)

We urge you, brothers (and sisters) admonish the idle, cheer the fainthearted, support the weak, be patient with all. See that no one returns evil for evil; rather seek what is good (both) for each other and for all. Rejoice always. Pray without ceasing, in all circumstances, give thanks, for this is the will of God for you in Christ Jesus. The Word of the Lord.

All: Thanks Be to God.

Pause for silent reflection

Reader 1: In our schools, our parishes, and our homes, we can be thankful for the little things that make life easy for us—things that many children in the world may not have. By stopping to say a quick “Thank you “ to God, we come closer to St. Paul’s instructions to “Pray without ceasing.”

Reader 2: Our response is:

Thank you God, for blessings big and small.

Reader 1: Every day, we can turn on a tap in a bathroom or kitchen and fill a glass of water that is safe to drink. We ask you Lord to help us remember the children of the world who have no access to clean water. Let us be thankful for the convenience of our faucets of clean water right in our own homes!

Materials Needed: This prayer service, printed for individuals or projected on a smart board. Set an altar with a crucifix, a bible, and a globe to represent the missions. Students may also wear the colors of the World Mission Rosary

All: Thank you God, for blessings big and small.

Reader 2: In the morning before school, we choose from a variety of shoes—do we need sneakers for gym? Boots for the snow? We ask you Lord to help us remember those children who walk miles with no shoes at all. Let us be thankful for the abundance of choice we find in our own drawers and closets.

All: Thank you God, for blessings big and small.

Reader 1: Our school is filled with so many different people—children with different abilities in many subjects and sports. This makes our schools a better reflection of You. We ask you Lord to help us remember that each of us is made by You, in Your image. Let us be thankful for the uniqueness of Your creation!

All: Thank you God, for blessings big and small.

Reader 2: Sometimes, Lord, the meal we are served is not to our liking and we grumble at what we must eat. We ask you Lord to help us remember that all over the world, there are children who will not eat today. Let us be thankful for our food, even when it is not to our liking.

ALL: Thank you God, for blessings big and small.

Leader: Lord Jesus, you have given us many gifts, asking only that we share them with those who have less than we do. Help us to notice our blessing, big and small this month and carry with us an Attitude of Gratitude!

Closing Song:

Now Thank We All Our God (Nun Dankett)

Sung with lyrics on screen by Reawaken Hymns

<https://youtu.be/dCKRHp2Yuzs?si=KfKZvqOTGTDN4k5s>