

THEME 7: SCHOOL OF LOVE AND GRATITUDE

Relationship to Lived Experience

Reflection

Watching her husband reading to their young children one evening, her heart swelled in gratitude for the tender and loving man that God had made for her. Catching her look of love, he paused and looked deeply into her eyes, returning her smile. He savored the moment of peace and the warmth of his family surrounding him, thinking that he certainly had so much to be grateful for. Later, after the children were tucked in bed, she embraced him and told him how grateful she was to have him. He told her, "God has given us so much, I've been feeling lately like we certainly have a lot to offer another child . . ."

Discussion Questions

1. How do spouses show gratitude toward each other? Are some ways more effective than others?
2. How can spouses help each other to share the gift of themselves with others, both inside and outside of their family?
3. What good thing did your spouse do recently that you could have thanked him or her for, but didn't? Write it down on the index card. Share the card privately with your spouse. (The facilitator can also invite anyone who wishes to share.)
4. Make a list: What do you still love about your spouse? Exchange cards.

Journaling Questions

1. Write your love story, as you want it told to your great-grandchildren. Include how and why you fell for your spouse. Recount at least one way your spouse gave of himself or herself.
2. What gifts has God given you in your spouse and your marriage? With whom will you share them?
3. List five ways that you show gratitude toward your spouse. Which two ways does he or she like best? Resolve to do those two more often.