



## Day 25 | Practice Gratitude

In today's One Percent Prayer, Pete asks us to contemplate and take stock of those things for which we are thankful.

In today's reading, during the last supper Jesus offers his Body, his Blood, his Soul, and Divinity, in a beautiful act of thanksgiving, and says "do this in remembrance of me." We believe that in this passage, Jesus establishes the Eucharist. The word Eucharist itself means thanksgiving. In the Eucharist everytime we go to Mass, we have the opportunity to worship and offer thanksgiving to the Father who has loved us first.

As Catholics, every moment of every day is an opportunity to offer thanks back to God who has given us truly everything. Every gift we have comes from Him. When we pause and take some time to be aware of this, we can foster a life of thanksgiving, of gratitude for every day.

If you want to find hope for your future, be thankful for your past. Even in the more difficult seasons of our life, we can find things for which we are grateful. When we are tempted to be negative or complain, we can combat those temptations by fostering gratitude.

We invite you to live out our prayer today by taking the time to write out 25 things for which you are thankful. It might be people, situations, gifts, etc. When you have written your list, offer these things back to the Lord and give him thanks for them.