

54 days to change the world. Day 33.

Today is the thirty-third day of this novena. We will be praying the Glorious Mysteries in a spirit of thanksgiving.

In order to truly cultivate a spirit of thanksgiving, we should aim to make daily practices of thanksgiving. Here are some ideas for incorporating thanksgiving in your life:

Attend daily mass.

Make a list of all the people you are grateful for and include them as intentions for your daily prayers.

Call your loved ones. Let them know you love them and are grateful for them!

Similarly, make verbal expressions of thankfulness! Let people know that you appreciate the small things they do for you or tell your spouse that you are grateful for the work they do! Seize every opportunity to express your gratitude!

Make it a table topic. While at the dinner table with your family or friends, consider asking them what they are most grateful for.

Pray, pray, pray! The grace from prayer will allow for you to have greater recognition of all that God has given you. By keeping Him prayerfully present in your all the time, you will find that He will enkindle within you a spirit of thanksgiving!