

# Notice the gifts

Start any week / About 20-30 minutes together / Adapt to your household

## Read together: Luke 17:11-19

Jesus notices the person who returns to give thanks after being healed. Gratitude begins with paying attention: to a person, an unexpected kindness or the work that makes our ordinary days possible. We can be thankful and still acknowledge something difficult. No one has to pretend that everything is easy.

## Talk together

What small kindness did you notice today?

Who does helpful work that we sometimes overlook?

How could our thanks become an action?

## Make or do: A gratitude window

You will need: Paper, crayons and removable tape. A notebook works too.

1. Each person draws or writes one gift they noticed. A person, a meal or a moment of rest all count.
2. Display the pages where you will see them this week. Invite each person to explain their picture; passing is welcome.
3. Choose one person to thank with a specific sentence about what they did.

Read the Bible passage at [bible.usccb.org](http://bible.usccb.org). Scripture text is not reproduced. Sharing aloud is always optional.

## A thought, sketch or idea from our activity

# Our week of small beginnings

Dates: \_\_\_\_\_ / Choose the pace that fits your family.

- ☐ **Day 1: Read the Scripture reference together.**
- ☐ **Day 2: Name one good thing at a meal.**
- ☐ **Day 3: Make the gratitude window.**
- ☐ **Day 4: Give someone a specific thank-you.**
- ☐ **Day 5: Do one quiet kindness.**
- ☐ **Day 6: Pray for someone having a hard week.**
- ☐ **Day 7: Look back: what did we begin to notice?**

## Make room for different ages

Ages 4-7: Invite a child to draw and tell you about the picture. Write their words if they would like.

Ages 8-12 and older: Look for hidden work: cleaning, planning, listening or making a difficult day easier. Name the person behind it.

## Put love into practice

Thank a school, neighborhood or parish helper. A private note is enough; no photograph or public post is needed.

## Pray together

God of every good gift, help us notice what we receive, thank the people who care for us, and share our gifts with love. Amen.

## A moment we want to remember

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