



INTRODUCTION TO SECTION TWO

Dr. Hogan points out that today's cultural hurricane makes practicing the virtue of gratitude difficult. He reminds us that cultivating a virtuous life fuels our spiritual health.

1. What resonated with you from this section's readings? What stayed with you as you went through your day?

2. When have you noticed the power of choosing gratitude in yourself or those around you?

3. How have you noticed yourself or others being strengthened by an attitude of gratitude?



CHAPTER 4

1. Dr. Hogan explains that being in nature can draw out a heart of gratitude. What do you notice about yourself when you experience the beauty of nature? In which places or spaces in nature do you feel especially connected to God?

2. Complete the journal exercise on page 87. Where were your favorite outdoor places to play as a child? What did you love about them?

3. Complete the journal exercise on pages 92-93. What was that like for you? What one living thing were you drawn to? What might God be revealing to you through nature?

4. Ponder and pray the Scripture verses on pages 94-95. What did you notice while meditating on these passages?



CHAPTER 5

1. What creative expressions (such as gardening, the arts, or other human accomplishments) most inspire you? In what ways do you see yourself cooperate in God's creative activity?

2. What do you love or appreciate about working in your yard, going to a farmer's market, or exploring a botanical garden? Review the journal exercise on page 104.

3. Consider the visual arts, architecture, or musical arts. What form of art stirs your heart with gratitude? Review the journal exercises on page 105.

4. Reflect on all the people who have enriched your faith. Review the journal exercise on page 106. Write a thank-you letter to one mentor in faith. Share that letter with that person this week.



CHAPTER 6

1. God's hand is at work even in challenging situations. Reflect on difficult seasons in your past. Looking back, where do you see God bringing about a "new creation" in you through these hard times? Review the journal exercise on page 118 to guide your reflection.

2. Dr. Hogan points out the impact of negativity bias (read page 112). What are some ways you have tried (or would like to try) to notice and focus on the positive rather than the negative?

3. In what ways might social media or the news media reinforce our tendencies for negativity bias? What choices can you make to reduce this impact? Review the journal exercise on page 117 to learn about fasting from sources of negativity.

4. How does participating in and praying during the Mass inspire or encourage you to restore the virtue of gratitude? Review the journal exercise on page 119.
