

**Explaining Why Gratitude Matters**

You may be asked why gratitude matters. Here are three core reasons:

1. Gratitude is grounded in our liturgy.

We are a thankful people and we express our thanksgiving fully in worship and prayer.

Gratitude is understood from our practice of hearing scripture, offering, taking and blessing of the bread, and going out into the world to give from the abundant gifts we have received.

1. Gratitude is at the heart of our ministries.

In gratitude, we join God’s gifts with the mission to which God calls us.

Even at difficult times, when we are busy or overwhelmed or underappreciated, we can feel gratitude in our love for God and each other through our ministries.

1. Gratitude is affirmed in both Christian and secular cultures.

The benefits of practicing gratitude are affirmed in both theological and socio-emotion perspectives when we build trust and foster good relations with others, create and embrace happiness, and form resilience to deal with challenges.

As people of faith, we live in both spiritual and practical worlds. “We are not human beings on a spiritual journey, we are spiritual beings on a human journey,” Pierre Teilhard de Chardin said.

There are many resources on these perspectives including the Coordinators’ Handbook, Liturgy Booklet, Book of Prayers, the Scholars Conference materials, and many others found in the UTO archives.