

Lord,

I thank You with profound  
gratitude for the countless  
blessings in my life.

Help me to daily become more  
aware of those blessings  
and to be grateful for them.

Help me to see that  
life itself is a gift  
and that You are active  
in my life day and night.

Help me to especially see  
these blessings  
when life is hard,  
or when some burden  
weighs me down.

May I be filled with a  
grateful heart and always  
rejoice in Your goodness.

Jesus, I trust in You.



Sisters of St. Francis  
from Sacred Heart Province  
written by Sr. Jane Schneider  
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