

Finding Hope in Challenging Times

Gratitude – A Path to Hope

March 26, 2026



Lamentations 3: 17, 21-23, 26

17 My soul is deprived of peace,
I have forgotten what happiness is;

21 But I will call this to mind,
as my reason to have hope:
The favors of the Lord are not exhausted
God's mercies are not spent
They are renewed each morning
so great is God's faithfulness.

26 It is good to hope in silence
for the saving help of the Lord.



Change of Perspective



Gratitude - A Path to Hope

“Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.”

- Maya Angelou



The Fertile Void



- Erving and Miriam Polster
- A gap or blankness
- Lack of familiar supports
- Trust in the momentum of life

Growth Happens in Darkness



Resilience - Strength in the Storm



“I love struggling, actually. It makes me feel alive.”

- Alyssa Liu

Gratitude - A Path to Hope

- Scientifically- and spiritually proven transformation
- A resource for grief, hopelessness, and joy
- Permission to live imperfectly
- Br. David Steindl-Rast



Gratitude - Recognizing the Gift



“Being grateful does not mean that everything is necessarily good. It just means that you can accept it as a gift.” - **Roy T. Bennett, Politician**

“Yesterday is history, tomorrow is a mystery, today is a gift of God which is why we call it the present.” - **Bil Keane, American Cartoonist**

Gratitude - A Daily Practice

- Br. David Steindl-Rast
- Three Steps
 - Stop
 - Look
 - Go

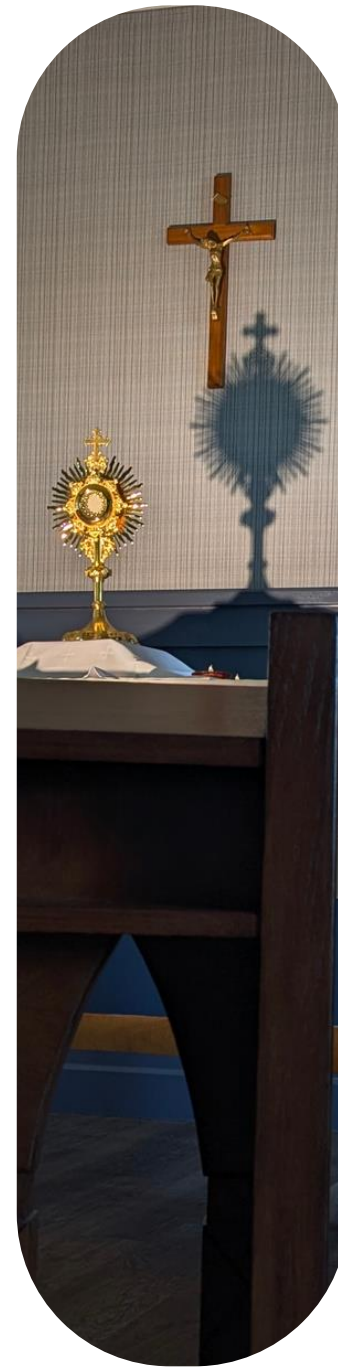


Step 1 – Stop



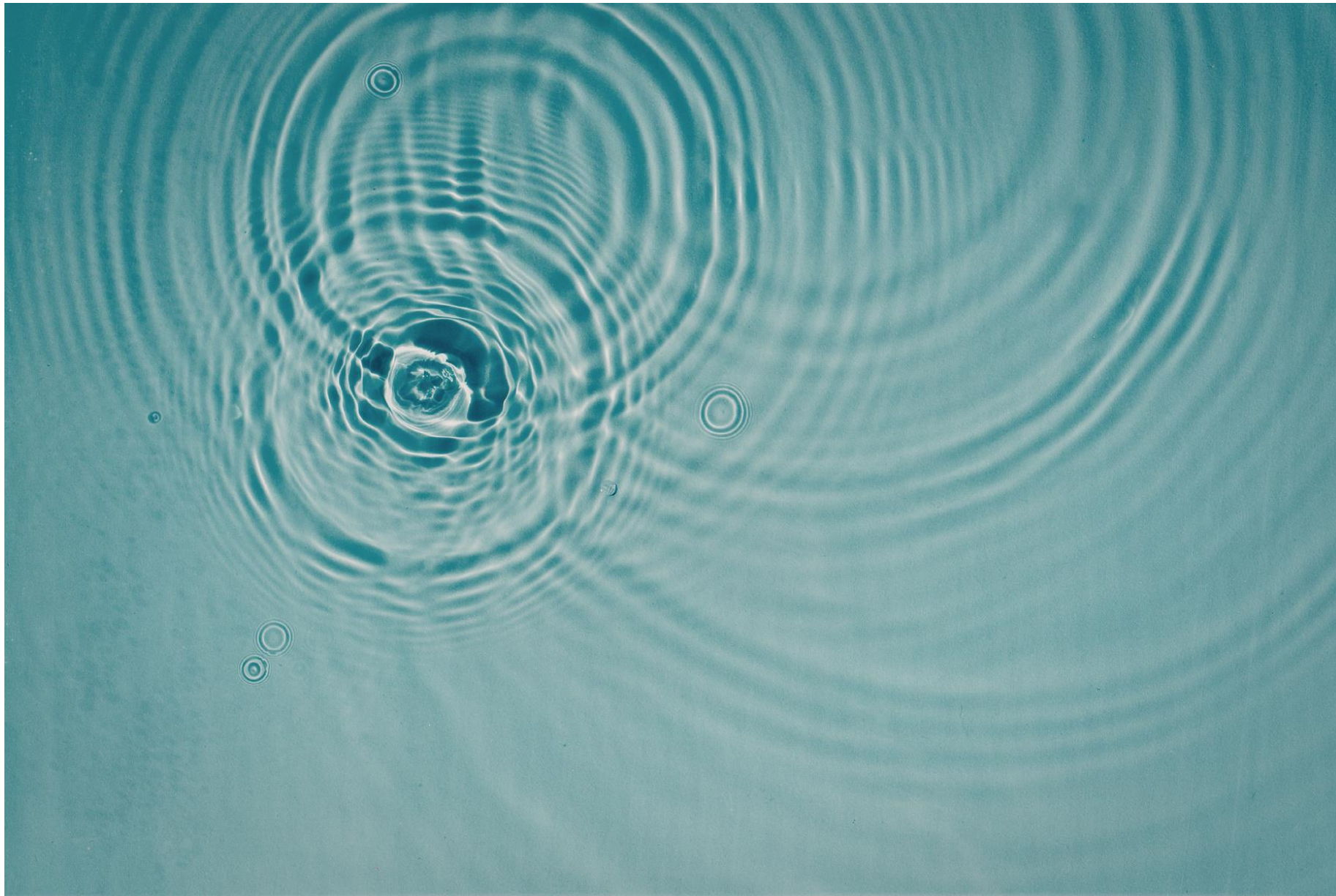
- Presence
- Life is a gift
- Reminders are everywhere

Step 2 - Look



- Expand awareness
 - Notice
 - Listen
 - Identify

Step 3 – Go



- Embody gratefulness
 - daily actions
 - way of being
- Attitude of the heart
 - in one's life
 - on behalf of the greater good
- Create circle of impact

A Piece of Life

with Margy Malan

A short film by Reflections of Life



Reflection



When have you been able to find the gift or beauty in something, even when that something was difficult?

The 3 B's

We are beautiful. We are blessed. We are broken.





“Let the gratefulness overflow into blessing all around you.”

- Br. David Steindl-Rast

How will we move from this Lenten Retreat experience and share the blessings of our gratefulness into the Easter season and beyond?”

Closing Prayer

Loving God,

As we enter Holy Week, we are grateful for all the blessings of this season - and for this Lenten series. In our group sharing, we have tended the spark of hope in each other.

Our spirits have been renewed by prayer, mercy, forgiveness, dialogue, respect, courage, faith, trust, and gratitude, all showing the path to hope.



We thank you for the gift of hope. When we are at lowest points, we are closest to you. We find hope in our communities of faith and in the beauty that surrounds us. It fills us with Easter joy knowing there can and will be a better tomorrow.

We thank you because with HOPE we are one. AMEN!



Resources

Grateful Living, grateful.org

Grateful Gatherings, 1st Tuesdays monthly
9:30 - 11:00 am
Mary & Joseph Retreat Center & via ZOOM
maryjoseph.org

Valeria Chow, Coaching
tinyurl.com/theinsightcollective

Poetry & Writing

- "Go to the Limits of your Longing," Book of Hours, Rainer Maria Rilke
- Simple Abundance, Sarah Ban Breathnach
- "In Case I Forget to Say It Enough," Rosemary Wahtola Trommer

NBC Olympics

Audio

- Gratitude, audio CD, Angeles Arrien

YouTube

- "A Piece of Life," Reflections of Life (films)
- "A Good Day," with Br. David Steindl-Rast
- "Want to be happy? Be grateful," Ted Talk with Br. David Steindl-Rast
- GRATEFUL: A Love Song to the World, Empty Hands Music, Patel and Nahmod

