

WEEK THREE EXERCISES
April 20th – 24th (Monday-Friday)



As we continue in this fourth movement of *The Fruits of Discernment*, we now turn toward Gratitude — not as something we force, but as something that begins to emerge as the heart becomes more open.

forgiveness invites us to release what we are holding, and now gratitude invites us to receive what is being given. We come to recognise that even in the midst of difficulty, life continues to offer itself to us —often in ways we might easily overlook.

***Gratitude does not come from a perfect life.
It comes from a heart that has become open enough to receive what is here.***

The following practices are offered simply as **experiments** for the next 5 days. You are not asked to feel grateful for everything, nor to deny what is difficult. The Invitation is merely to notice:

- Where is life being given to me today?
- What am I able to receive?
- Where might gratitude already be quietly present?

With patience, Gratitude unfolds in its own time.

Day 1 ***Gratitude begins with awareness***

Today, you are invited to take few quiet minutes today to reflect in your journal:

- What was given to me today?
- What did I receive that I did not create?
- What small moment stood out?
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This may be something very ordinary: a conversation, a breath of fresh air, a moment of rest. Gratitude begins by noticing. You might bring this into your Examen by simply saying:

“Thank you for what was given today — even the small things.”

Day 2 ***Letting Gratitude be felt***

Today, bring to mind one moment from your day that held even a small sense of goodness. Stay with it for a minute.

Reflect in your journal:

- Where do I feel this in my body?
- What happens when I give this moment my attention?
- Allow yourself to feel it — even slightly.

“Gratitude deepens when we allow ourselves to receive what has been given”.

Day 3 ***Gratitude when we feel challenged***

Today, bring to mind something in your life that feels challenging or unresolved, making no attempt to change it. Simply ask gently:

Journal:

- What might this be shaping in me?
- Is there anything here — however small — that I can acknowledge with gratitude?
(Do not force an answer. Let it emerge, if it does.)

“Gratitude does not deny difficulty. It allows us to see that life is still present within it”.

Day 4 ***Gratitude as a way of seeing***

Today, move through your day with a simple awareness:

Notice ordinary moments like:

- making a cup of tea
- the mere act of walking
- speaking with someone on the phone
- resting

Pause briefly and silently say: *“Thank you.”*

Reflect in your journal:

- What changes when I consciously acknowledge these moments?

“Gratitude often grows through attention to the ordinary”.

Day 5 ***Sharing Gratitude in my life***

Journal Practice for today:

- Where did I notice gratitude this week?
- Where might life be inviting me to receive more fully?
- Offer a silent blessing for one person

Journal:

- What happens when gratitude is expressed or shared?
- How does it affect my sense of connection?

“Gratitude received becomes gratitude given”

**May we have the courage to face what is difficult,
and the openness to recognise where new life is already emerging.**

**And may gratitude quietly guide us
toward a deeper freedom of heart.**