

CONVERSATIONS ON



# *Gratitude*



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Inspiration is important. Finding hidden truths within ourselves is amazing. But there are some truths which can only emerge through dialogue and consultation.

Having meaningful conversations and building collective visions is like a super-power that enables us to build fellow-feeling, uncover solutions to problems in our daily lives and communities, and design paths to action which allow us to work together to really improve things; even if the steps are simple, even if the challenges seem great.

With this in mind, Elevate would like to give you a couple of questions which might help kick-start a conversation about this week's theme. These questions might be explored as a group after collective worship, around a family dinner-table, or on your daily walk-and-talk phone call with your best friend. However you choose to explore this theme, whichever questions strike a chord with you, we hope that you will enjoy the new understanding and actions that result from your journey!

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# *Gratitude*

*What are some things that  
each of us feel grateful for?  
What are some things that we  
do not feel grateful for?*

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# *Gratitude*

*How do patience and gratitude  
relate to one another?*

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# *Gratitude*

*How do we express this  
gratitude? In thought? In word?  
In action?*

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# *Gratitude*

*How can we express gratitude for  
those that came before us?*

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# *Gratitude*

*What are some things our  
community has to be grateful for?*

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# *Gratitude*

*How might we express gratitude  
collectively in our community?  
What would that look like?*

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# *Gratitude*

*How can we invite others to join us in identifying things to be grateful for, and expressing gratitude?*

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For inspirational quotes and prayers about this week's theme, take a look at our [Meditations](#) document.

Visit the Elevate Hub to enjoy more [collections of themes](#) and [let us know](#) how they've supported you in your personal journey, or your efforts to improve the life of your community.

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