

Clergy Wives Peer Group Session

Gratitude for our Spouses

- Show the Ted Talk on Gratitude: https://www.ted.com/talks/laura_trice_remember_to_say_thank_you

- Attendees should have blank paper and pens to answer the prompts below

- When I think of my husband:
 - I'm grateful for three things I hear:
 - I'm grateful for three things I see:
 - I'm grateful for three things I smell:
 - I'm grateful for three things I touch/feel:
 - I'm grateful for these three things he has taught me:
 - I'm grateful for these three of his favorite sayings/phrases:
 - I'm grateful for these three memories together:
 - I'm grateful for these three ways he has changed me:
 - I'm grateful for these three ways my relationship with God has grown: