

EUUC SESSION PLAN
Hasidic Parable on Gratitude

CHALICE LIGHTING

GATHERING IN SILENCE: 1 – 3 minutes

OPENING WORDS :

There is a wonderful Hasidic parable about the power of gratitude to change the course of our destiny in a heartbeat, the speed, I imagine, it takes for a "thank you" to reach Heaven's ears.

Once times were tough. Two men--both poor farmers--were walking down a country lane and met their Rabbi. "How is it for you?" the Rabbi asked the first man. "Lousy," he grumbled, bemoaning his lot and lack. "Terrible, hard, awful. Not worth getting out of bed for. Life is lousy."

Now, God was eavesdropping on this conversation. "Lousy?" the Almighty thought. "You think your life is lousy now, you ungrateful lout? I'll show you what lousy is."

Then, the Rabbi turned to the second man. "And you, my friend?"

"Ah, Rabbi--life is good. God is so gracious, so generous. Each morning when I awaken, I'm so grateful for another day, for I know, rain or shine, it will unfold in wonder and blessings too bountiful to count. Life is so good."

God smiled as the second man's thanksgiving soared upwards until it became one with the harmony of the heavenly hosts. Then the Almighty roared with delighted laughter. "Good? You think your life is good now? I'll show you what good is!"

CHECK IN (40 MINUTES)

FOCUS (60 MINUTES)

1. What in your opinion is the point of this story?
2. What are you grateful for during this thanksgiving?
3. What are things we as a nation should be grateful for?

CHECK OUT (What did and did not work for you in today's session?)

CLOSING WORDS

"If the only prayer you ever say in your life is "Thank You" it will be enough."
Meister Eckhart

Application:

Keep a journal and record five things you are grateful for every day.