



Grateful for Being Grateful

FR. JOSEPH JUKNIALIS

Here is a quick self-test: *Name three things in your life for which you are grateful.* Finished? If you were able to name three things easily, your spirituality is probably in a good place. If you had difficulty, your spirituality may be in need of some work. Spiritual writers have long noted that living day by day with a sense of gratitude is one of the signs of holiness. Yet, a number of attitudes can get in the way of our being thankful. One is anger; it unsettles and focuses our attention on one issue, keeping us from seeing a bigger picture filled with blessings. Another is living with continual wanting; incessant desires for more prevent us from recognizing the beauty and goodness of what already is. Fear too keeps us from being grateful; it obliterates all the goodness that is present and focuses on an unknown and uncertain future that may never be.

Therapists have advised that, at the end of each day, people should take time to name three things that happened that day for which they are grateful, as doing so will often ease depression. Our religious tradition has been encouraging this for 2,000 years. Not all depression is due to life circumstances; some is the result of chemical or hormonal imbalances. But, if our sadness is the consequence of life events, naming three positive occurrences from each day not only brings a balance to our attitudes but also brings us to deeper faith, recognizing a power greater than ourselves at work in our lives. That power is God. ●

Reflect

***What are three reasons I have for gratitude?
What blessings do I forget?***



Jesus said...“Ten were cleansed, were they not? Where are the other nine? Has none but this foreigner returned to give thanks to God?”

LUKE 17:17-18

Dear Padre,

Are people born with the Holy Spirit, or do they have to be baptized in order to receive the Holy Spirit? If we are not born with the Holy Spirit, is it just our conscience that is bothered when we are doing wrong?

Your question is suggesting that the Holy Spirit is “in” or “out.” St. Paul teaches us, “In him we live and move and have our being” (Acts 17:28). In other words, the Spirit of God is always with us, and we are dependent on that Spirit for life. There is no beginning and there is no end; the Spirit always was, and is, and will be.

The *Catechism of the Catholic Church* explains that “Conscience is a judgment of reason whereby the human person recognizes the moral quality of a concrete act that he is going to perform, is in the process of performing, or has already completed. In all he says and does, man is obliged to follow faithfully what he knows to be just and right” (1778). We have an obligation to form our consciences to know what is right and to help our children form theirs. It is with the cooperation of the Spirit that a “good conscience” is formed.

When we celebrate the sacraments, including the sacrament of baptism, we are confirming the life of the Spirit that is within us. We are acknowledging and proclaiming the abiding presence of the Spirit of God. ●

Fr. Thomas M. Santa, CSSR / DearPadre.org

Do you have a question for the Padre?

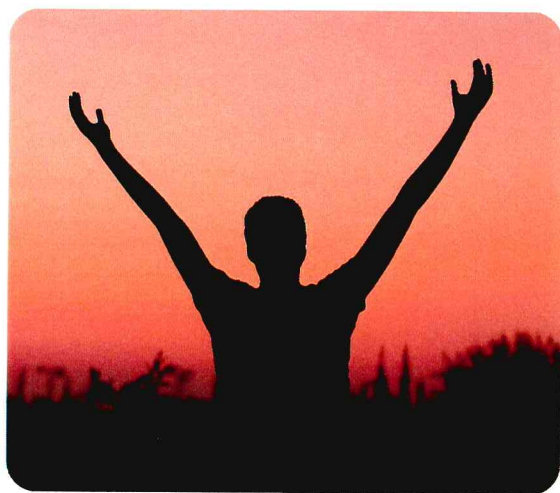
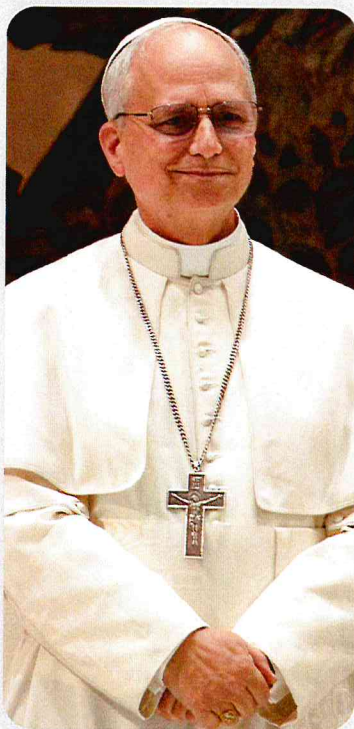
Go to DearPadre.org to send your question and to learn more about *Dear Padre*.

A WORD FROM POPE LEO XIV

The deepest purpose of the Church's social doctrine [is] a contribution to peace and dialogue in the service of building bridges of universal fraternity.... [T]he Risen Lord always goes before us, even at times when injustice and death seem to prevail. Let us...“build bridges through dialogue and encounter, joining together as one people, always at peace.”

ADDRESS, ROME, MAY 17, 2025

WIKICOMMONS



DREAM PERFECTION / SHUTTERSTOCK

Monday

October 13

Weekday

Rom 1:1–7

Lk 11:29–32

Tuesday

October 14

Weekday

Rom 1:16–25

Lk 11:37–41

Wednesday

October 15

St. Teresa of Jesus,
Virgin and Doctor
of the Church

Rom 2:1–11

Lk 11:42–46

Thursday

October 16

Weekday

Rom 3:21–30

Lk 11:47–54

Friday

October 17

St. Ignatius of
Antioch, Bishop
and Martyr

Rom 4:1–8

Lk 12:1–7

Saturday

October 18

St. Luke, Evangelist

2 Tm 4:10–17b

Lk 10:1–9

Sunday

October 19

Twenty-ninth
Sunday in Ordinary
Time

Ex 17:8–13

2 Tm 3:14–4:2

Lk 18:1–8