



THE BIGGER PICTURE

Gratitude

OBJECTIVES

- ⦿ How many things we take for granted in our daily life.
- ⦿ How lucky we are to be born on this earth in a human form.
- ⦿ The way we can bring gratitude into our life, and how we can improve our satsang by looking at gratitude.

WE ARE THANKFUL FOR?

- ◉ Think of something that your grateful for. Might be something big in your life or something small.
- ◉ Gather your ideas on the top of tree
- ◉ Try get down as many ideas as you can as a group.



WE ARE
THANKFUL FOR...



DAILY LIFE

- ◉ Alarm
- ◉ Clothes
- ◉ Warm bed



- ◉ Mandirs
- ◉ Santos
- ◉ Haribhaktos
- ◉ Shastras

HOW LUCKY WE ARE

- ◉ How long it takes to be born into a human form on this earth
- ◉ Being born into a religious family
- ◉ How we could have been put in to a immoral family



SATSANG AROUND US

- ◉ Mandirs nearby
- ◉ Many devotees you can talk to
- ◉ Dharamkul visiting
- ◉ Santos all year round



HOW TO PRACTICE GRATITUDE

- ◉ Writing about what things your grateful for.
- ◉ Looking at things in a different prospective.
- ◉ Remembering great Santos and Haribhaktas and the suffering they went through.

ACTIVITY



CONCLUSION

Thanks for listening

JAY SHREE SWAMINARAYAN