

Session 6 Worship (March 25) 6:30 – 8:00 pm

Before session 6:

- Watch this short film (3 minutes) about **Worship**

<https://www.episcopalchurch.org/way-of-love/worship/>

After session 6:

- Practicing at home:

As we have seen, practicing gratitude can call our hearts to WORSHIP. This week, our practice will cultivate gratitude, helping us set aside the fears that plague us. Using a notebook, or index cards, write down at least five things every day for which you are grateful. They can be very small, but they should be things that make you appreciate the gift of life we have from God. At the end of the week, bring this list to worship (even virtual worship) and place it in the “offering plate” (may have to get creative making your own offering plate at home) as an act of grateful worship.

