

Study Guide
Living in Gratitude
by Angeles Arrien



January – Begin Anew

Before your first group meeting please purchase:

Living in Gratitude by Angeles Arrien
Read the Introduction and the first chapter, Begin Anew.

Opening – Someone say an opening prayer or read this one.

We open to the radiant Life of God which is present everywhere in Its power, love and abundance.

We know that this Divine Life lives within each of us right now and always.

We know that our Word is creative and so we call forth the experience of connection, wisdom, and joy for this book study (The one praying invites other qualities to be named that the participants want to experience. These are spoken into the room.)

We give thanks that this and greater is and will be our experience together.

We let this be and release our prayer to the Creative Law of God. Amen.

The host gives any important information about their home, such as parking suggestions, whether tea is available, where the bathrooms are, and so forth.

Introductions – Have all participants pair up. Each person tells their partner their name, where they live, and one thing they are grateful for right now. When all people have finished this process, each person introduces their partner to the group with the information that has been shared.

Building Trust – Each person makes a statement from their heart about the way they can be trusted and hold confidentiality in this group. Even though you may know some of these people well already, come fresh to this group with a sense of discovery and safety.

Establishing Intentions – Each person share with the group the reason you decided to participate in this book study. Conclude your sharing with the completion of this statement, “During this book study and this year of 2012 it is my intention to _____.” Write down your intention in a notebook or in the front of the *Living in Gratitude* book with today’s date. This intention can be about anything in your life.

Getting Acquainted with Angeles Arrien and Each Other – Each person share what they found most valuable in the Introduction and the first chapter through the section on Reflections up to page. 34. Share why your choice was meaningful to you.

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Gratitude Practices – If anyone has done any of these practices, share how the practice was for you. Each person make a commitment to try at least one and share what that is.

End of Chapter Richness – Each end of chapter is similar: the Four quadrants, and the Blessings, Learnings, Mercies, and Protections. Spend some time in this section, remembering that the deeper you look into your self, the more valuable this bookstudy will be for you and your group. Perhaps, in the interest of time, each person answers one of the end-of chapter questions. Do more if there is time.

Closing – Each person complete this statement, “I am glad I came to this book study today because_____.”

Someone close with a prayer or all people read the following together: “May the flow of Divine Love move through each heart until we meet again. May this Love expand to encompass all the people and processes in each person’s life so that all are blessed. May we grow more grateful each day. So be it now.”

Homework – Read the February chapter before your next meeting.