

**St. Mary's Parish**  
**Normal Isn't Working**  
**Small Groups Week 5**

1. Gratitude is defined on Google as “the quality of being thankful; readiness to show appreciation for and to return kindness.” What could be the struggles in showing gratitude to others? To God?
2. Gratitude can be understand as an act of charity. It results in our focus being placed outside of ourselves to another. How does gratitude help us in times of struggle?
3. How can I better live gratitude in my life?
4. In this series, we have reflected on those times in our lives when we recognize that normal isn't working and make the decision to do something about it, to reboot our lives in some way. Sometimes we try to change too much, at other times we look to change too little. What are some ways that you can experience a successful 'reboot'? How can you help others in their reboot?
5. What are one or two practices or thoughts that you have gained from this series that you can implement in your life moving forward?