

Gratitude - Week 1

The Purpose of Creation

Why is gratitude so important?

Psychologists will tell you that expressing appreciation makes us happier. But the Torah says it's much deeper:

Hashem created human beings with the goal that **we should notice His hidden Presence in this world, and recognize Hashem as our King and Creator.**

Every time we stop our busy lives and notice the good Hashem has done for us, we're opening our eyes to see Hashem's involvement in our daily lives and thereby fulfilling the purpose of our creation.



1 Share 3 good things Hashem has done for you recently. They can be things that Hashem did for you today, this week, last year, or any time.

2 Why is it sometimes hard or uncomfortable to say "thank you"?

3 We spoke about thanking Hashem, and how that helps us fulfill the purpose of our creation. **But what about thanking people?** How does it help us fulfill the purpose of our creation when we thank people who have helped us (not just Hashem)?

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