



Day 16: Gratitude

Jesus, the Grateful Son

"I thank you, Father." Matthew 11:25

As Jesus constantly lived in the unconditional love and providence of His heavenly Father, the most sincere and authentic response back to Him was one of praise, adoration, and gratitude. Jesus, as beloved Son of the Father, was held and protected in intimacy by His good Father at every moment of the day. Overwhelmed by His love and goodness, Jesus lived in constant gratitude. While the world was quite crazy around Him, as people misunderstood Him, rejected Him, and made so many demands on Him, Jesus could have responded with fear and insecurity, thus becoming self-reliant and self-focused. As always, though, Jesus is the perfect example of the humble Son who trusts in the goodness of His Father and lives in gratitude and praise. Jesus' starting place in His life and mission is gratitude for His Father because of the constant love, mercy, and goodness that overflows from Him.

Mary Sings her Magnificat

Mary's Immaculate Heart is the perfect example of the human heart that is receptive to the Holy Spirit, transformed, and then responds with a song of praise and gratitude. Mary's famous song of adoration, praise, and gratitude is called the Magnificat (Luke 1:46-55). Overwhelmed by the presence of Jesus in her womb and by her call and mission to be the Mother of God, Mary's heart wells up with a song of gratitude. Gratitude and praise were a significant part of the daily prayer of Mary and Jesus. Why? They both were perfectly aware of the love, goodness, and constant care of their heavenly Father. May Mary give us new eyes, ears, and hearts to see and experience the goodness of our heavenly Father and constantly be grateful.

St. Juan Deigo and Us

You are given everything. "Am I not here, I, who am your mother?...Do you need anything more?" (*Nican Mopohua*, 119) These words from Mary to St. Juan Diego express the absolute fullness of God's gift to us by giving us His Mother. God has truly given everything to you. Listen to these words flowing from the heart of Saint Paul: "He who did not withhold his own Son, but gave him up for us all, will he not with him also give us everything else?" (Rom 8:32). If God has given us Jesus, what does that tell us about his generosity? It is limitless, it is boundless. Jesus is given to us in the Eucharist. Mary is

given to us as our Mother. What then, must our response be? Gratitude! Gratitude is the simple recognition of from whom or from where we have received a gift. God desires to love you and to protect you through Mary. Thank Mary for being your Mother. Brother, may gratitude well up in your heart today for all that God has done and all that God will continue to do on this journey.

Prayer

O Jesus, we adore You, we love You, and we thank You for the gift of Your presence. You are the beloved Son who constantly lives in gratitude and praise of Your good Father. Teach us to have new eyes, ears, and hearts to daily be aware of all the blessings that the Father gives us and to concretely thank Him every day. We ask You now to hear this prayer.

Our Lady of Guadalupe, Mother of God and Mother of us, draw us close to your heart. After your own perfect example, teach us to sing with you your Magnificat of gratitude and praise. Oh Mother, teach how to have grateful hearts for all that we have been given. Please come and fill us with your love.

Amen.

After reading today's reflection, [pray the Litany of Restoration of Sonship](#).