

## **Gratitude: Seeing as Gift**

### **Fr. Anthony Ciorra, Ph.D.**

12 Lectures (4 CDs) Including Electronic Study Guide

“If the only prayer you said was ‘thank you’, that would be enough.” – Meister Eckhart

This course explores the spiritual and theological underpinnings that are foundational for enhancing and developing the art and spirituality of gratitude. Explore how gratitude is at the heart of all Christian spirituality. Gratitude offers a path that leads to deeper love and awareness of God, self, and the world. Gratitude is about remembering and noticing. More than anything, gratitude helps us understand and live out the realities of God’s grace.

Weaving together our rich spiritual and theological traditions with ideas from modern psychology, Fr. Ciorra invites you to bring the fullness of gratitude into your prayer and daily living.

### **About Your Presenter**

Fr. Anthony Ciorra is a leading expert on Christian spirituality. He has graduate degrees in psychology, spirituality, and pastoral theology, a Ph.D. in Historical Theology from Fordham University, and a Certificate in Spiritual Direction. Fr. Ciorra is the author of *Everyday Mysticism* (Crossroad 1995) and has produced several Now You Know Media programs, including *The History of Christian Spirituality*, *The Spirituality of the Twelve Steps for Everyone*, and *Thomas Merton: A Spiritual Guide for the Twenty-First Century*

### **Topic Titles**

- All Is Grace
- Gratitude: A Good and Gracious God
- Praying Gratitude
- Being Grateful in the Present Moment
- Rejoice Always!
- Human and Holy
- The Wisdom of Sabbath
- Gratitude on the Cross
- Practicing Gratitude
- Forgiveness: Wings to Gratitude
- Grateful Saints
- Homecoming

Download Electronic Study Guide here: [Study Guide](#)