

Faith and Gratitude

Complete the following worksheet for the Faith and Gratitude Patch Challenge

This is the season of faith and gratitude. Faith is a strong belief in a higher power, a spirit or being that has great strength and influence on a person's life. A person's religion is what is typically used to describe and practice one's faith. Gratitude is the process of giving thanks or appreciation for things you already have. The act of gratitude often includes the desire to return the kindness.



How do you practice and uphold your faith?

Learn about three different faiths. How are they practiced? How are they similar or different than what you believe?

What are you Grateful for? For one week make a list of one thing you are grateful for each day.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

*Celebrating Spirituality and Faith

Everything in Girl Scouting is based on the Girl Scout Promise and Law, which includes many of the principles and values common across religions. So while we are a secular organization, Girl Scouts has always encouraged girls to take spiritual journeys via their faiths' religious recognitions.

For more information regarding Girl Scouts religious awards, please go to <https://www.praypub.org/gsusu>
To purchase the patch for \$1.00 at the shop, go to <https://gsnc.wufoo.com/forms/shop-order-form/>