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El momento presente

Espiritualidad y carisma de la Venerable
Madre María Güell para hoy



*“Gratitude means learning to see life as a gift received
from God.”*

LEARNING TO BE GRATEFUL

Each day we receive far more than we usually realize.

We often focus on what is missing, on what has not turned out as we expected, or on what we have not yet achieved. Without noticing, our outlook can become trapped in complaint, hurry or worry

Gratitude helps us see differently.

It does not mean denying difficulties or pretending everything is fine. Gratitude means discovering that, even in ordinary or tiring days, God continues to sustain our lives.

There are countless small gifts that easily go unnoticed: our daily bread, a peaceful conversation, a smile, rest, the faith that sustains us, someone who listens, the beauty of creation, or the strength to begin again.

Mother María Güell contemplated God's creation with wonder and asked:

“How can there be unbelievers when everything speaks to us of God's wisdom, beauty and love?” (CR 50)

When the heart learns gratitude, reality does not suddenly change, but the way we live it does.

Gratitude makes us more humble because it reminds us that not everything depends on us. It makes us simpler because it teaches us to value small things. And it opens us to trust because we discover that God never stops accompanying us.

Gratitude is an act of faith.

It is saying to God: “I recognize your presence in my life, even when I do not understand everything.”

Gratitude transforms the heart.

Those who learn to give thanks stop living only from what is lacking and begin to discover life as a gift. Not everything will be easy. We will not always have what we desire. Yet we can always find signs of God's goodness.

Mother María Güell left us these trust-filled words:

“How good Jesus is to those who place all their hope in him!” (CR 36)

Gratitude and trust go hand in hand. Those who give thanks recognize what they have received. Those who trust also place into God's hands what they do not yet understand.

That is why gratitude is not only about looking back and remembering what is good. It is also about living the present with an open heart and facing the future with hope.

Gratitude strengthens our relationships. It helps us recognize the good others do for us, appreciate simple gestures, and never take love for granted.

It also makes us more generous. Those who realize how much they have received naturally learn to share more.

For reflection

What occupies more space in my heart: what I lack or what I have received?

Do I know how to thank those who help and accompany me?

Do I set aside time each day to thank God?

This week, at the end of each day, find three specific reasons to give thanks.

They may be very small.

Little by little, you will discover that life is filled with signs of God's love.

Learning to be grateful every day.

Mother María Güell lived with profound trust. In the midst of work, difficulties and daily self-giving, she recognized God's presence and entrusted herself completely into his hands.

“We should rejoice and give thanks to God.” (CR 11)

Gratitude does not require extraordinary events. It is often born from simple things: a kind word, help received, a peaceful day, a difficulty overcome, or someone who walks beside us.

At the end of the day, pause for a few moments and ask yourself:

- What gift have I received today?
- Who has been a source of joy or support today?
- Which difficulty has helped me grow?
- Have I thanked God for something specific?

When we give thanks, our hearts grow wider and we learn to live with greater peace, humility and trust.

To give thanks is to recognize that God continues to walk with us.

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