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# Soul Full

Gratitude as Prayer,  
Prayer as Gratitude

Flexible • Can be used at any  
time of year



**JOURNEY OF GROWTH**  
Exploring Jewish Values  
and Inspiring Action

In partnership with



Ministry for Diaspora Affairs  
and Combating Antisemitism

This session  
was created in  
collaboration with



THE ZALIK FOUNDATION FUND

VALUE

# Gratitude

## *Hakarat Hatov*

In this session, we explore gratitude through the language of Jewish prayer, using *Soul Full: Gateways to Jewish Prayer* as a companion and guide. *Soul Full* is not a book meant to be read straight through once and set aside. **It is a book to return to, to open at different moments of life, and to use as a doorway into words that help us say what we already feel but may not yet know how to express.**

Jewish prayer offers many languages for gratitude: gratitude for freedom, for belonging, for safety, and for the people and places we hold dear, including Israel and those who defend it. **Today, you will encounter several short prayers and reflections, notice which ones stir something in you, and choose a path that feels meaningful right now. You will be invited to reflect, and if it feels right, to add your own voices alongside the traditional prayer.**

This session is an invitation to build a personal relationship with prayer. To notice which prayers feel distant and which feel alive. To discover language that resonates. And to experiment with writing a blessing of your own, drawing on tradition while trusting your own words. **The hope is that you leave not only with something you wrote today, but with a deeper sense that *Soul Full* can continue to serve you as a source of meaning, comfort, and inspiration long after this session ends.**

 **TIMELINE: 90 MIN**

BEGIN WITH INTENTION | 5 MIN

INDIVIDUAL REFLECTION | 15 MIN

PRAYER ECHO | 15 MIN

EXPRESS YOUR GRATITUDE | 10 MIN

SHARE AND SHAPE | 15 MIN

GROUP SHARE | 20 MIN

BRING YOUR LEARNING HOME | 5 MIN

END WITH MEANING | 5 MIN

 **WHO FACILITATES THE SESSION**

The Community Leader opens and guides the session. Participants are invited to co-lead by reading texts, sharing reflections, or helping facilitate small groups.

 **MATERIALS**

- *Soul Full* book (hard copy) to share and show
- Pencils or pens
- Notebook, or participants can write directly in their copy of *Soul Full*



**FACILITATOR PREPARATION**

- Review in the *Soul Full* book that you received on the trip:
  - Jewish Community, p. 42-43
  - Prayer for the State of Israel, p. 202-203
  - Self-Esteem, p. 310
  - Prioritizing, p. 379
- Note: Due to multiple print runs of *Soul Full*, page numbers may vary between copies. Please refer to the book's Table of Contents if needed.
- **Before the session, please remind participants to bring their copy of *Soul Full*!**

 **VIDEO GUIDE**

Want a helping hand (and heart) from Momentum Educators on how to facilitate this session? Follow this QR code to access the [training video](#) library:



PART I

**Begin with Intention**



5 MIN

**Why Prayer?**

In today’s session, we explore gratitude through the lens of prayer. Jewish tradition offers many ways to cultivate spiritual awareness. Prayer is one of them, but it is not the only path. Whether through a walk in nature, speaking a prayer, sitting in meditation, or studying a sacred text, moments of spiritual attention can strengthen resilience and help people navigate life’s challenges with greater steadiness.

Research supports this insight. In her 2021 book *The Awakened Brain*, psychologist Dr. Lisa Miller writes that an engaged spiritual life enhances grit and resilience while offering protection against addiction, trauma, and depression. Prayer can become one of the practices that helps open that kind of awareness. To explore this idea, we have chosen four short pieces from *Soul Full* that reflect different expressions of gratitude, including freedom, Jewish community, and connection to Israel. We will begin with individual reflection. As we move into small groups, the group will create a prayer echo collaboratively, before expressing our own gratitude.

Looking for ways to start your session with purpose?

Turn to **Begin with Intention** on p. 4 for simple, meaningful ideas to open your gathering with presence, connection, and shared energy.

PART II

**Individual Reflection**



15 MIN



Gratitude does not only appear in grand moments. It lives in daily breath, in belonging, in the safety of home, and in the hope we hold for people we have never met. Jewish prayer invites us to explore these pathways of gratitude. One of the gifts of *Soul Full* is that it offers many entry points into prayer, allowing different voices to speak to us at different moments in our lives. Today we will focus on four themes listed below, and reflect on how prayer helps us name what is good.

On your own, take 15 minutes to review each of the following four short prayers. Select a phrase, sentence, or word that stands out to you; underline or write it, so you can return to it in the next section.

On the facing page of each prayer, you’ll find a personal reflection or contemporary commentary. Feel free to include this in your reading; some may find it deepens the experience and helps them connect more meaningfully with the prayer. After reading these prayers, you are welcome to stay with one of them or to explore another prayer in *Soul Full* that feels especially alive for you today.

- Jewish Community, p. 42-43
- Prayer for the State of Israel, p. 202-203
- Self-Esteem, p. 310
- Prioritizing, p. 379

PART III

## Prayer Echo



15 MIN

Return to the full group. This activity invites the group to co-create a soulful listening experience with the phrases and words that resonated with people during the reading.

### STEP 1. BEGIN SHARING

One participant reads a phrase from the prayer that stood out to her.

### STEP 2. PAUSE AND LISTEN

Participants allow a brief moment of silence before the next person speaks.

### STEP 3. CONTINUE THE FLOW

Another participant reads a phrase they selected. There is no set order. Anyone may speak when they feel the phrase they chose fits well.

### STEP 4. ALLOW OVERLAP

If a phrase someone else read also speaks to you, it is fine to read the same line again.

### STEP 5. CONCLUDE

Continue until everyone who wishes to share has read at least one phrase, or until the echo comes to a natural close.

The invitation is to allow the phrases and words that stayed with people to echo in the group. No explanation or conversation is required.

PART IV

## Express Your Gratitude



10 MIN

Jewish prayer has always made room for personal voice. Alongside inherited words, our tradition invites us to craft and speak our own words. In this part of the session, you are invited to express gratitude or yearning you are holding right now.

**You may choose to write a short personal blessing, a few lines of prayer, or even a single sentence that feels true. You can draw inspiration from personal prayers throughout *Soul Full: Gateways to Jewish Prayer*.**

Prompts to guide you:

- What am I **grateful** for and what do I **yearn** for?
- What do I want to **carry forward** or **give voice** to?
- What words feel **true** right now?

You can begin with “**Blessed are You...**”, or “**I give thanks for...**”, or simply speak from the heart.

**The blessing doesn't have to be polished, it just needs to be yours.**

PART V


## Share and Shape





15 MIN


Participants now form small groups of 2-3.

Share your draft prayer or blessing with one or two women in a small circle of trust. As you listen to each piece, notice what resonates, what feels alive, and what invites greater clarity. Offer an appreciating reflection and a question that can help the writer deepen and refine her words.

<p>PART VI <b>Group Share</b></p> <p> 20 MIN</p>	<p>After having shared and refined your writing in small groups, we now return to the full group.</p> <ul style="list-style-type: none"> <li>• What did you discover while writing your blessing?</li> <li>• What came up for you as you tried to put words to your gratitude and yearning?</li> <li>• Create space for women who would like to share their prayer or blessing.</li> </ul>
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<p>PART VII <b>Bring Your Learning Home</b></p> <p> 5 MIN</p>	<p>Commit to one or more ways to bring your learning home.</p> <p><b>For example:</b> Share the prayer or blessing you wrote with someone close to you — a partner, child, friend, or parent, and invite them to share something they're grateful for in return. Try introducing a short gratitude moment into your family's daily rhythm: naming one thing each person is thankful for at dinner, before bed, or during a walk. <b>For teens or older kids,</b> keep it simple. Ask what's something that went right today, or something small they're glad for, even if it's just noticing a tree or their favorite snack.</p>
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<p>PART VIII <b>End with Meaning</b></p> <p> 5 MIN</p>	<p>As we move forward from this moment of reflection, may the blessings we've written echo in our lives in what we say, in how we notice, how we give thanks, and how we live with greater awareness and appreciation.</p> <p>Head back to p. 4 for thoughtful ways to close your gathering with reflection, gratitude, and a sense of shared purpose.</p>
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<p>PART IX <b>Continue the Journey</b></p>	<p> Inspired by the personal prayers in <i>Soul Full</i>? Bring the experience into your community by hosting a prayer-writing workshop with support from Momentum. Watch <a href="#">this inspirational video</a> for guidance from Momentum Educator Adrienne Gold Davis.</p>
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## About *Soul Full*

Momentum inspires Jewish mothers to connect more deeply with Jewish values, engage with Israel, take action, and cultivate unity without uniformity. A 2026 National Jewish Book Award finalist, *Soul Full: Gateways to Jewish Prayer*, was published in partnership with Maggid Books, a division of Koren Publishers. *Soul Full* invites readers into a rich, personal encounter with Jewish prayer, tradition, and spiritual practice. Maggid Books is known for publishing some of the most respected voices in modern Jewish thought, including Rabbi Lord Jonathan Sacks, Dr. Erica Brown, Rabbi Joseph Soloveitchik and many others. Like Maggid's other works, *Soul Full* blends timeless texts with contemporary insight, offering a meaningful and accessible path to connection, growth, and purpose.



*Soul Full* is now [available for purchase](#) and you can also add an online review, which helps others find the book.

