

***Turning Our Hearts
Toward the Son:
Lessons in Gratitude
from Sunflowers***

**St. Anthony on the Lake
THE EMERITUS GROUP
November 16, 2025**



HELIOTROPISM

Holiness is not about
perfection – it's about
ORIENTATION – turning
again and again towards
the light of God



***“This idea of the cycle of life,
of this incredibly vital flower
that looks up at the
firmament.”***

-- Julien Domercq





“He has made everything beautiful in its time.”

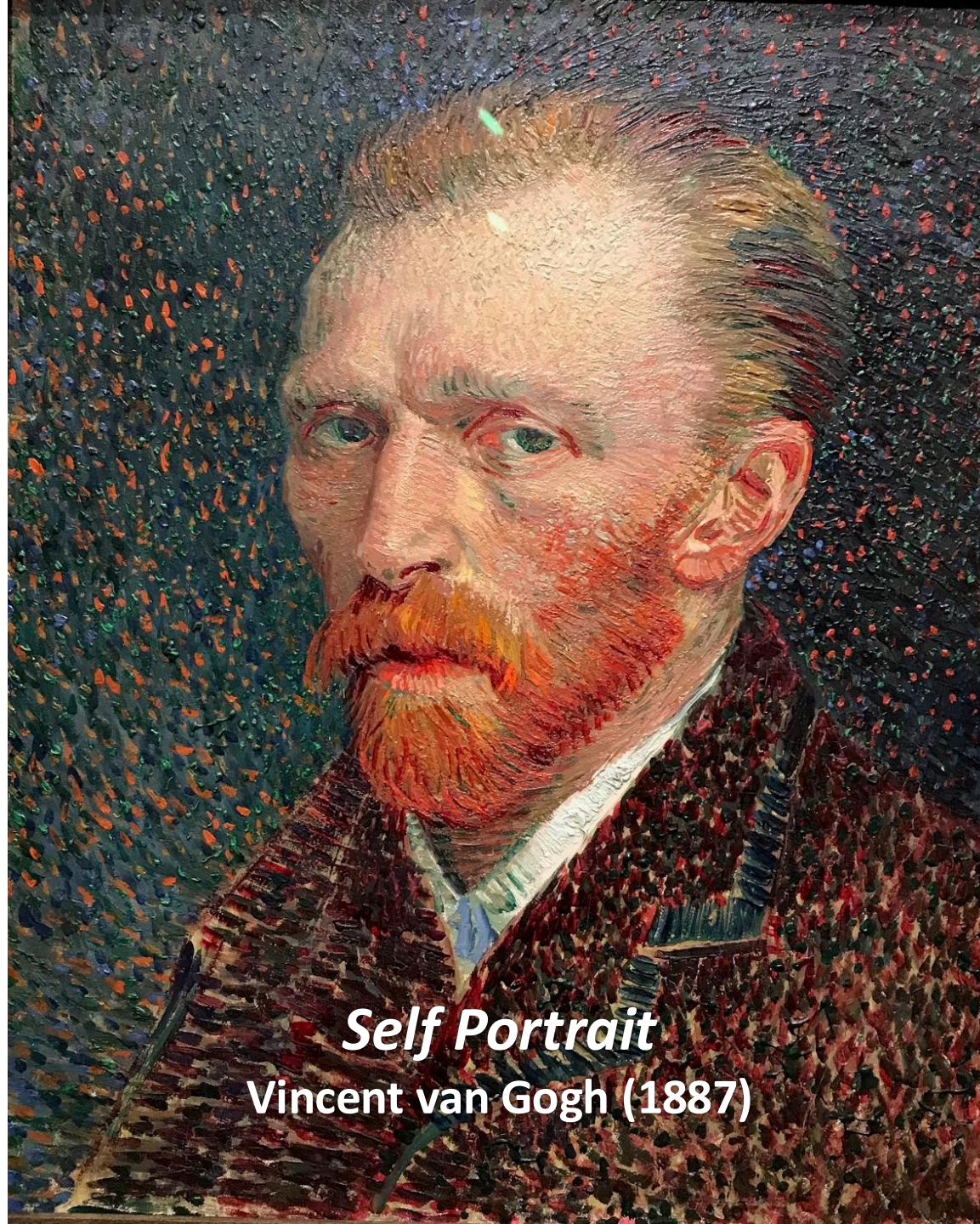
-- Ecclesiastes 3:11



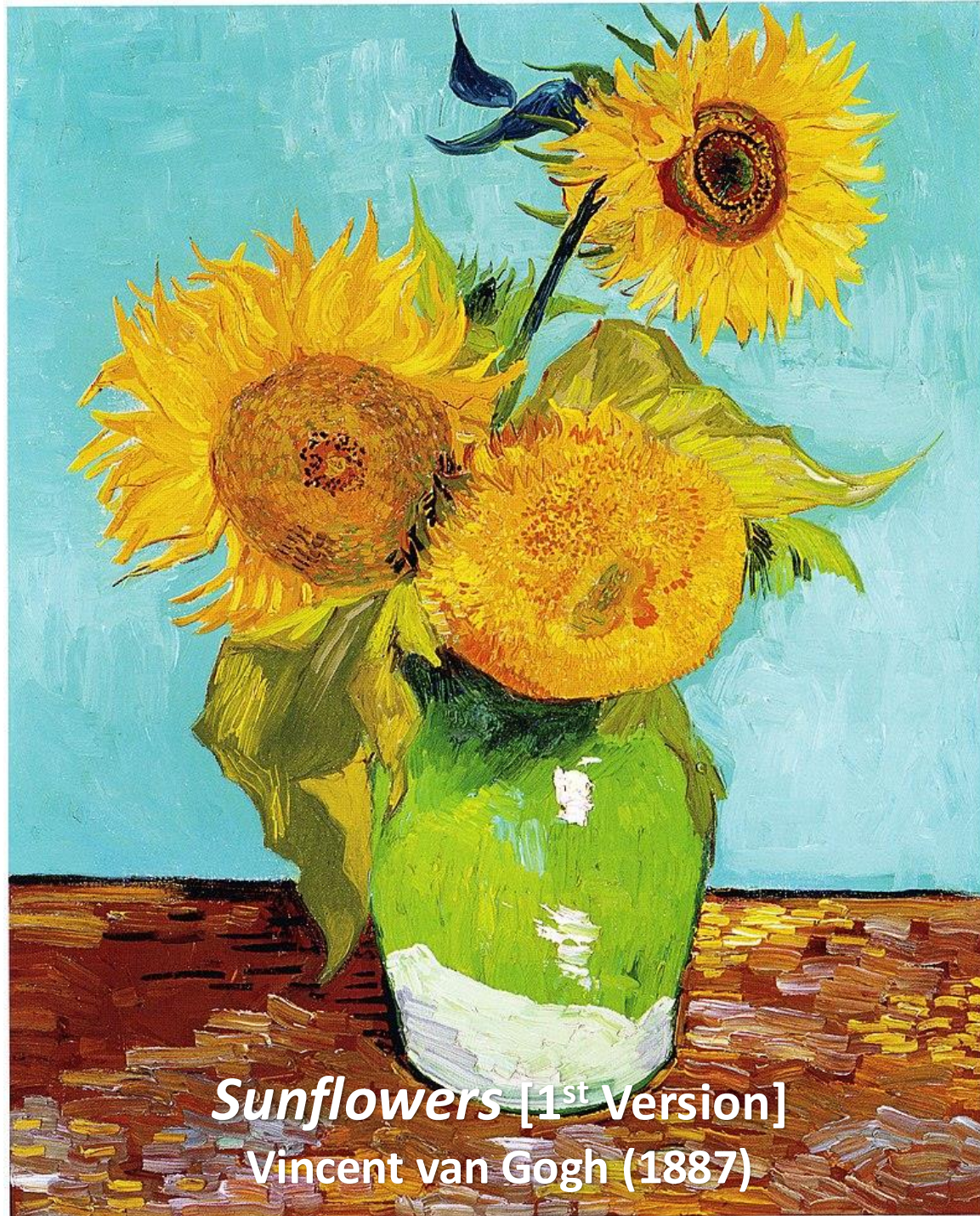
DISCUSS:

**Where do you see Divine
beauty in life, and what
effect does it cause?**





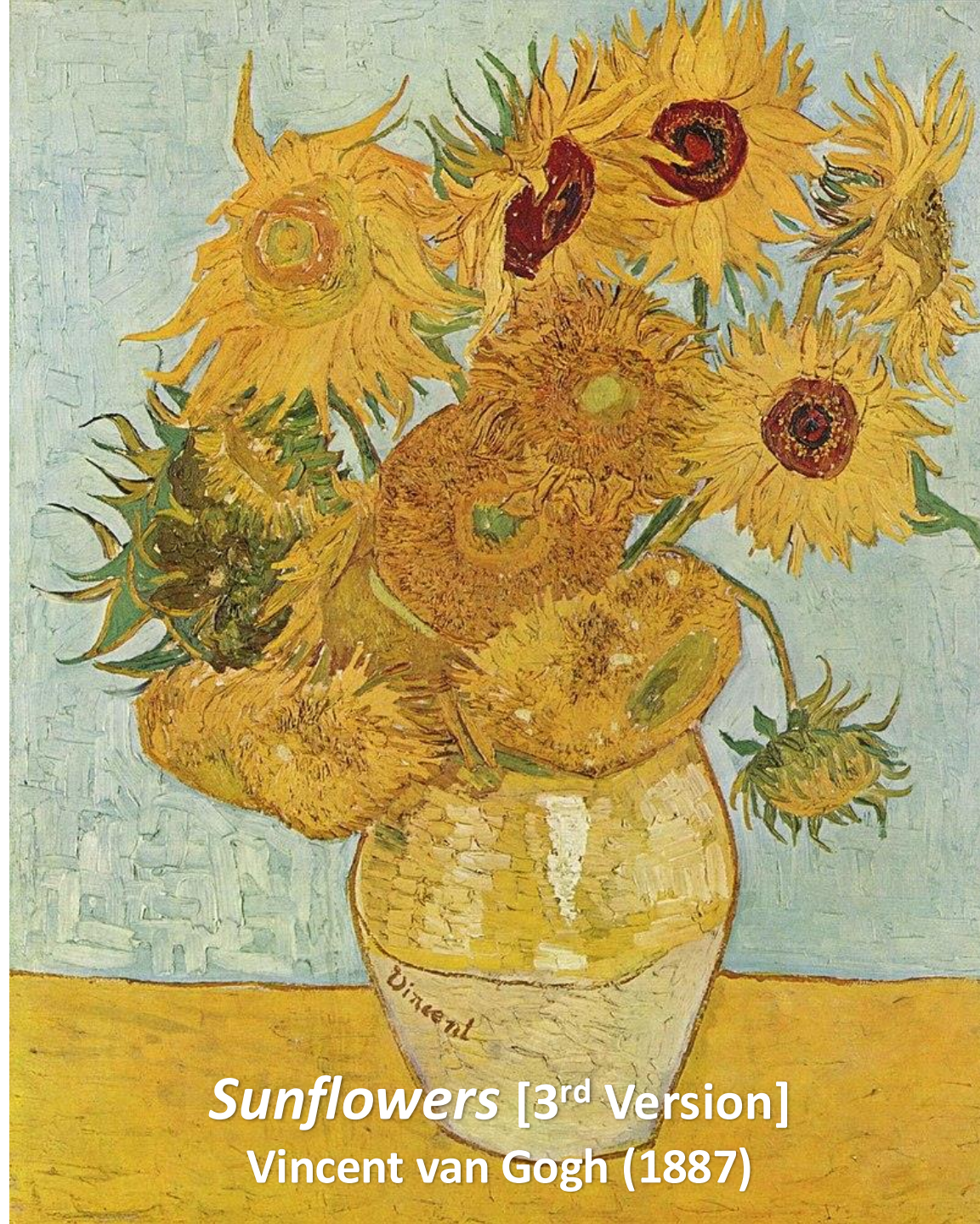
Self Portrait
Vincent van Gogh (1887)



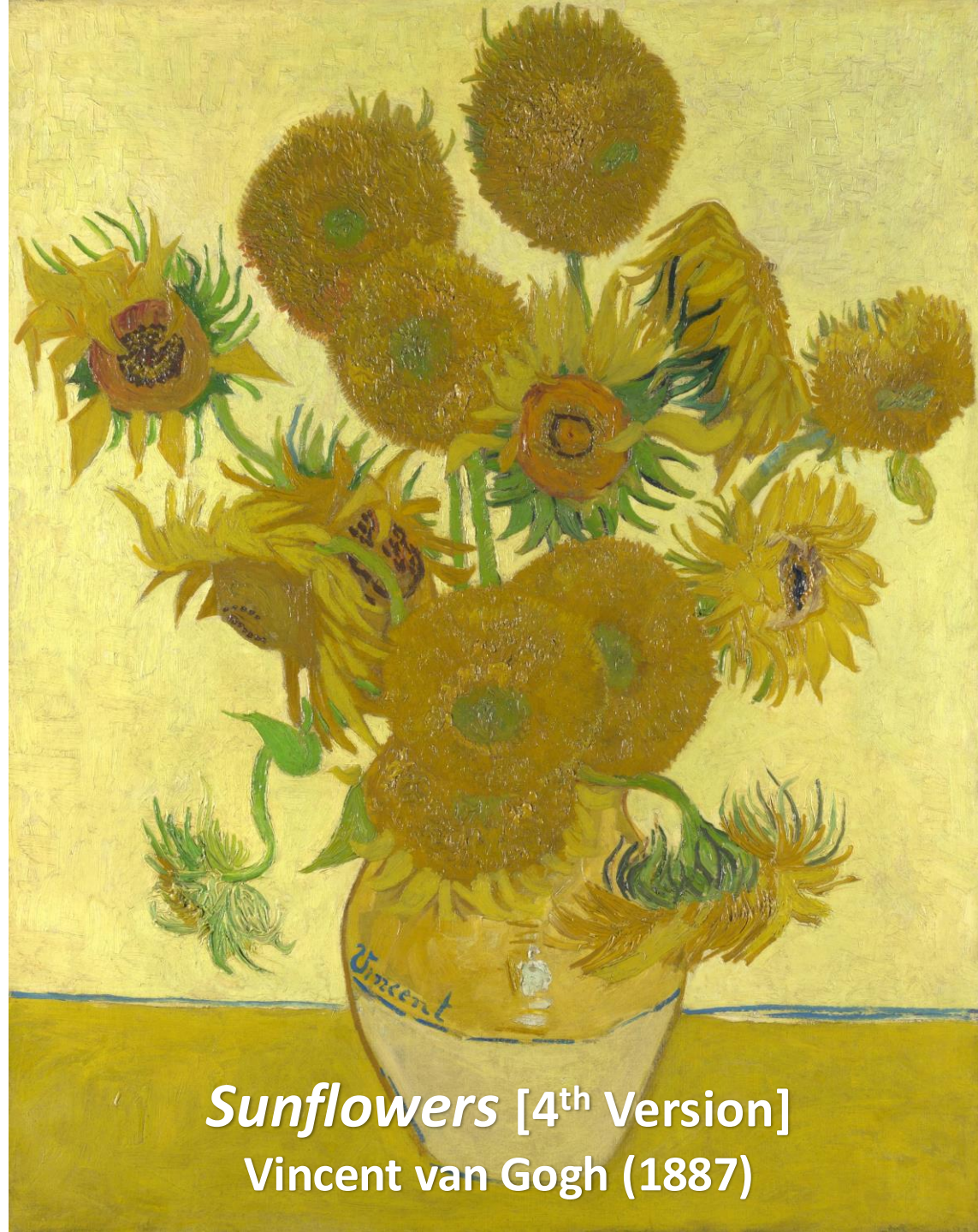
Sunflowers [1st Version]
Vincent van Gogh (1887)



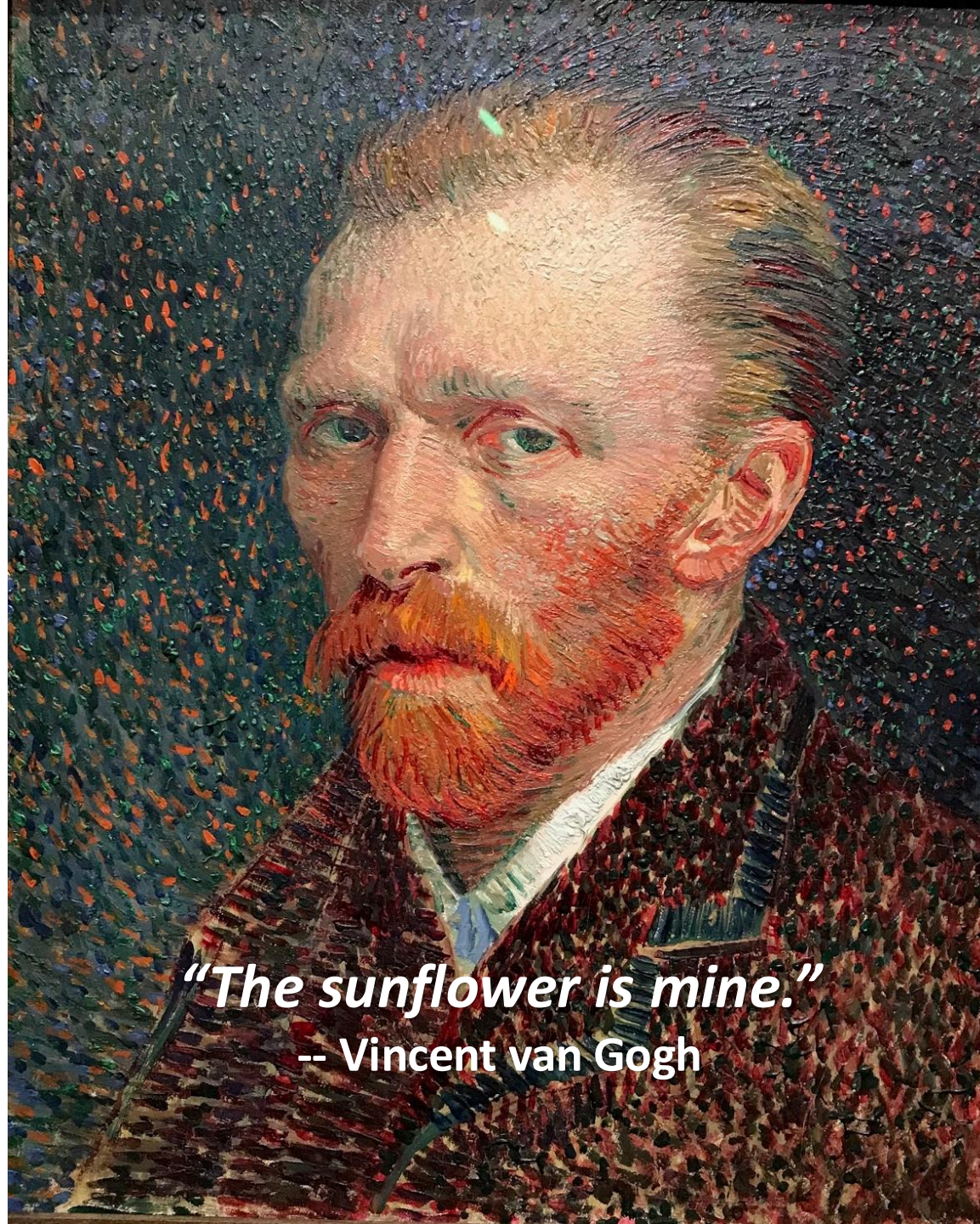
Sunflowers [2nd Version]
Vincent van Gogh (1887)



Sunflowers [3rd Version]
Vincent van Gogh (1887)

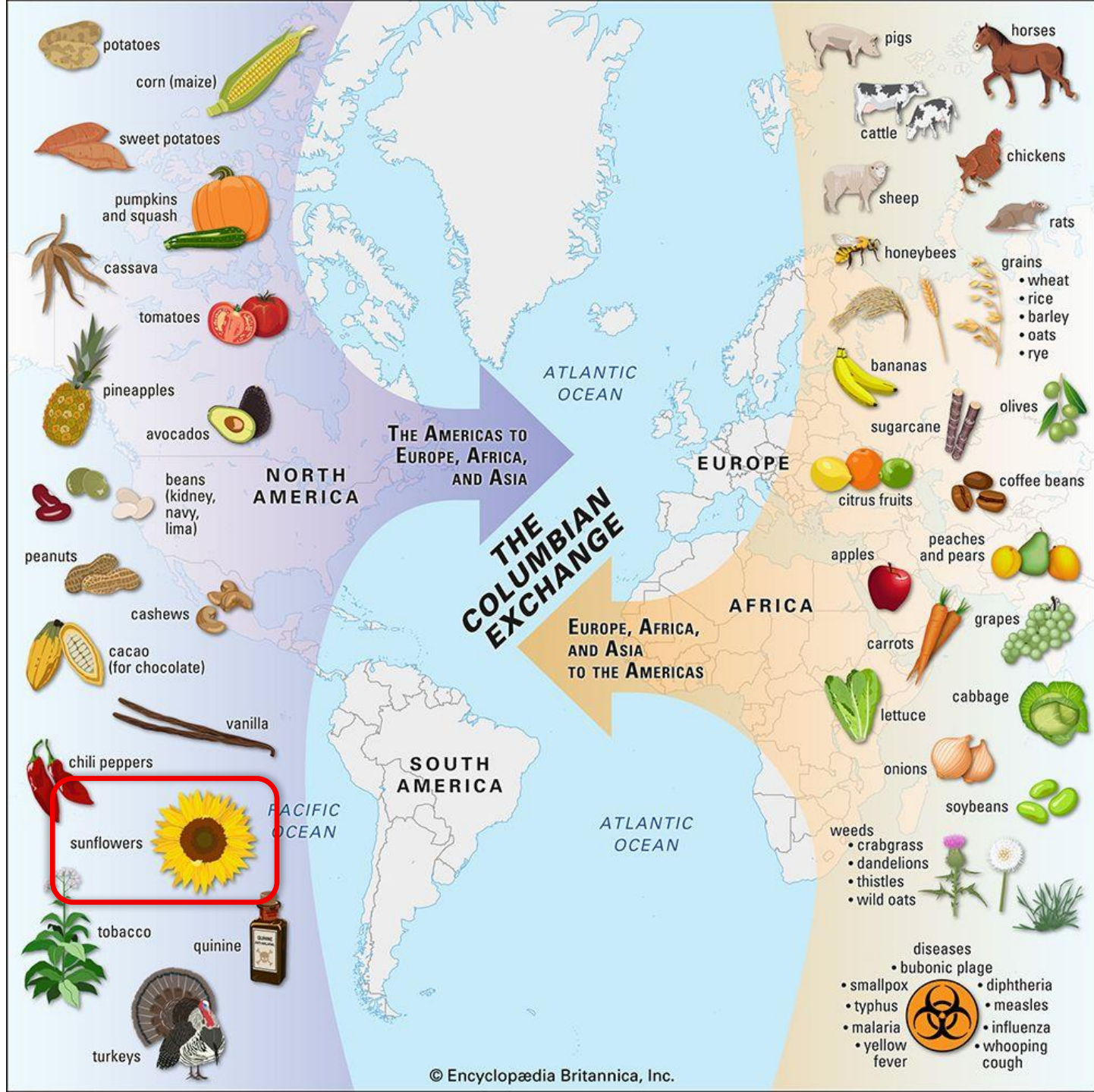


Sunflowers [4th Version]
Vincent van Gogh (1887)



"The sunflower is mine."

-- Vincent van Gogh



Rest on the Flight into Egypt

Anthony van Dyck (1632)



LESSON #1

FOCUS ON GOD

Sunflowers face the sun for energy. How might looking to the Son help you find nourishment, guidance, and growth?



LESSON #2

BEARING FRUIT

**How does faith in God
help you to grow tall
and thrive, even in
tough circumstances?
What spiritual fruit do
you share with others?**



LESSON #3

GRATITUDE

How do you show thanks
to God for the many ways
He has blessed you?





***“From the rising to the setting of the sun
the name of the Lord is to be praised.”***

-- Psalm 113:3



PRAYER of GRATITUDE

***Lord, don't let my eyes
stop at things you have
created. May they always
help me to see your hand
behind them and turn my
grateful heart heavenward
in praise of You.***

Amen.



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THANKS FOR BEING HERE!

**Our next meeting is
Sunday, December 7**

