

BOOSTING GRATITUDE

Immunology

Let the peace of Christ rule in your hearts. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God.

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.⁵⁷

1. Desire **I ask the Spirit for a Grateful Heart.**

I write a short letter of gratitude to Jesus. I review my last week, hour by hour, day by day, writing down everything I feel grateful for, large and small. I consider how God works through me in these happy events and relationships.

I ask the Spirit for a grateful heart..

2. Relish **Today I live in the Grateful Trinity.**

I imagine I am encircled by the Grateful Trinity, Father, Jesus and Spirit. Each person addresses me by name, saying, 'You are my beloved, in whom I am well pleased.'

I often remember the disappointments in my life, and let them fester, when I could name many things each day that please me, and even please the Trinity. So, I sit humbly, awhile, with my desire to be grateful, and the mystery of the Grateful Trinity.

I relish the good things in my life.

3. Grateful **I breathe in the Spirit of Gratitude.**

Then I imagine the Spirit of Gratitude breathing an awareness of today's gifts into me.

I breathe it in deep, wait, then breathe it out into my tomorrow.

I repeat as desired – breathing, grateful, peaceful.

I conclude in thanks, moving forward, with thanks and peace in my heart.

PRAYER TIME: 10 minutes.

⁵⁷ Col 3:15-17