

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.⁶⁴

1. **Desire** **I desire a Grateful Heart.**

I write a 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. It is a good symbol of gratitude. I consider how God works through me in these happy events.

Alternatively, I find a photo of someone who shared their gratitude of me. I recall those times to immerse myself in the feeling of gratitude ... Whether symbol or friend, I consider how healthy gratitude is in these thankless times.

I ask the Spirit for a grateful heart, to see the good as much as the unfortunate.

2. **Rest** **Today I rest in the Grateful Trinity.**

I read the prayer text from ancient spiritual traditions. Then I imagine I am held and protected by the Intimate Spirit who addresses me by name saying, 'You are my beloved, in whom I am well pleased.'

I could dwell on the losses, the disappointments, the illness in my life, and let them fester, instead of naming the many things each day that please me and enrich me. So, I rest awhile, now and reflectively throughout the whole day, in the Grateful Trinity...

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, considering two things. First, if possible, can I get in touch with the one who was grateful to me, to reconnect. Second, to decide who I might pass this exercise on to, and how. Urgently, who needs to be filled with gratitude now?

PRAYER TIME: Fifteen minutes. Five minutes each for the three steps.

The three dots ... indicate the places to pause.

If you are specially moved at any of the steps, remain there for the rest of the prayer.

⁶⁴ Col 3:15-17