

AWAKENING TO GRATITUDE

AWAKE

We invite you to take part in the **Gratitude Meditation** as preparation for our devotion, Awakening to Gratitude.

This devotion series has offered help and healing by connecting mind to body, body to others and others to God's good creation. Living mindfully is, paradoxically, to not live alone in the prison of your mind, but to extend beyond yourself into a world of relationships that awaken gratitude.

"Today, let us swim wildly, joyously in gratitude." - Jalal ad-Din Muhammad Rumi

AWARE

We can move spiritually from wakefulness to full awareness when we view our surroundings, be they majestic or mundane, through the lens of gratitude. The English poet John Milton spoke of how a viewpoint of gratitude is an act of worship:

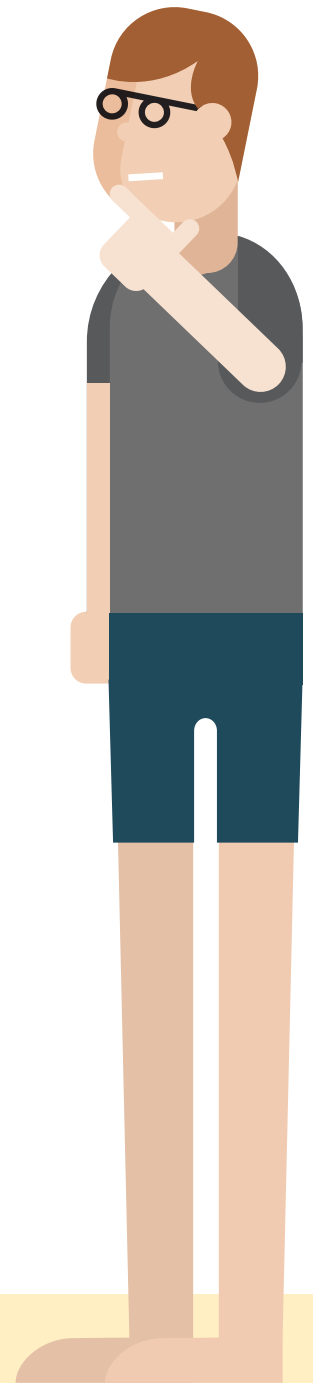
"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."

What revelations of wonder are you aware of today when you view the ordinary world as extraordinary?

ALIVE

This well-known saying is attributed to Saint Irenaeus: *"The glory of God is man fully alive."* The Spirit of God that enlivens all of us is present when we feel like our lives, and the very life of our world, is being held in the balance. But remember, the stars shine brighter when the night sky is as dark as ink.

How is God's glory fully alive and bright in your night sky?



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ABIDE



We are shown throughout the book of Exodus that Moses received vision and courage to lead the Hebrew children toward a promised land whenever he was willing to abide for an extended time on Mt. Sinai.

In Exodus 33, there is an epiphany of the Lord that took Moses by surprise. In fact, the Lord expressed gratitude to Moses for his faithfulness and asked what “favor” Moses would want from God in return. Moses asked to see God’s glory (or God’s face), but the Lord asked Moses to first do this:

“See there is a place by me where you shall stand on the rock; and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by; then I will take away my hand, and you will see my back; but my face shall not be seen.” (33:21-23, NRSV)

As we abide in an awareness of gratitude, God’s back will pass by. Like Moses, we will “see” the Lord mostly in retrospect—as we reflect on the times we have stood in the dark cleft of history. Sadness and heaviness of heart can awaken us to new appearances of the Divine trailing by.

ARISE



In the Gospel of Luke, Jesus passes through Samaria and heals ten lepers. One of the lepers is filled with such gratitude that he returns to Jesus to give thanks. Jesus then said:

“...were there not ten cleansed? But where are the nine? Were there not any found who returned to give glory to God except this foreigner?” And he said to him, ***“Arise, go your way. Your faith has made you well.”*** (17: 17-19, NKJV)

Arise and know that faith connects you whenever you stop, like the one leper, and awaken to gratitude.

- Listen to the Gratitude Meditation daily.
- Check in with your partner or virtual group.
- Continue to make contributions to your journal.

Write your reflections here

