Gift, Gratitude, and Joy - Session 3 Explore

Sharing Gift with Gratitude, A guided meditation

Begin by showing this Gratitude Motivational Video (2:44)

Read the following script slowly, pausing between lines, perhaps for 3-4 slow breaths.

This guided meditation, written by Catherine Orr from Lumen Christi in Mequon, is an adaptation of the Examination of Conscience developed by St. Ignatius of Loyola. Find a comfortable position... consider closing your eyes... take a deep breath.

Ask God to be with you at this time. Feel the Holy Spirit in you. Imagine Jesus is sitting with you.

At this time, call to mind 3 things from creation that you are grateful for. Maybe it's clean air, beautiful flowers, different seasons.

Thank God for each of these things. Deeply appreciate where you have noticed them in your life.

Take a moment and think back over the last couple of months. Where have you found simplicity and joy in creation? Maybe you took a daily walk, enjoyed watching the birds, hearing the rain falling on the roof.

God was in the midst of all of those small lessons, those quiet moments. Those were moments when you accepted God's invitation to relish in the small things.

Think of the last meal you ate. Take stock of the ingredients of that meal and call to mind the process it took to get the meal on your plate. Think of all the individuals that were involved in the process of preparing that meal. Take this opportunity to bless all the farmers, the harvesters, the processors, the grocery story workers, the cooks (even if it's yourself), and the servers. Thank God for the blessing of these people and their labor, for God's provision, and for your enjoyment of the meal.

None of us are perfect. Think of how in the last couple of months you may have fallen short of God's invitation to notice, appreciate, or take care of creation. Maybe it's as simple as not taking a moment to sit with a beautiful sunset. Maybe it was a time you were walking through the woods and you saw some litter on the ground and didn't pick it up. Maybe it was a time you forgot to ask God to bless your food. Maybe you have fallen into the habit of using disposable items that are harmful to God's creation and our planet. Maybe you have taken for granted the water you use in daily activities.

Take the time now to ask God for forgiveness and ask for the assistance and grace to do better with the next invitation. Seeking forgiveness helps us repair our relationship with God and see God more clearly in the midst of each day.

Now, call to mind one thing that was meaningful to you during this meditation. Tell God what that was and take a moment to ask God to speak to you. Ask God to help you feel God's presence in creation. Thanking God for the small gifts and graces in our lives will help us to remember we are meant to live in communion with God, with creation, and with our sisters and brothers.

Now spend a few moments in quiet reflection… ...when you are ready, open your eyes.