

*filled*   
— WITH —  
 *gratitude*



### 1. Touch **I touch the Heart of Gratitude.**

I write a letter of gratitude to the Spirit. 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 the Spirit works through me in these happy events.

I remember a small story of someone who expressed their gratitude to me. If praying alone I hold that memory, if I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Rest ... I begin to understand how healthy gratitude is in these thankless times.

### 2. Desire **I desire the Gift of Gratitude.**

I slowly and prayerfully read the prayer text below:

*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. Col 3:15-17*

I name all the things I am grateful for ...

I ask the Spirit for a grateful heart, to see the good and enriching things in my day. I choose not to dwell on losses, the disappointments, resentments or ailments.

### 3. Breathe **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 deeply, wait, then breathe it out into my tomorrow.

I repeat as desired – breathing, grateful, peaceful ...

### 4. Reach Out **I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who was grateful to me? Secondly, to whom and how do I pass on this exercise - who urgently needs to be filled with gratitude now?**

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

