

## WNMC Spiritual Practices – Session 5

with Miriam Frey and Ralph Brubacher

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# Gratitude

*Changes the way we look at the world*

O Divine Gift-giver,

I stand beneath the endless waterfall  
of your abundant gifts to me.

I thank you especially for the blessing of life,  
the most precious of all your gifts to me.

I thank you, Ever-generous One,  
For clothing to wear,  
for food and drink to nourish my body,  
for all the talents and skills  
that you have bestowed upon me.

I thank you for the many joys of my life,  
for family and friends,  
for activities that give me a sense of purpose  
and invest my life with meaning.

I thank you as well

for the sufferings and trials of my life  
which are also gifts  
and which together with my mistakes  
are among my most important teachers.

Grant that I may never greet a new day  
without the awareness of some gift  
for which to give you thanks.

And may constant thanksgiving  
be my song of perpetual praise to you.

(from *Prayers for a Planetary Pilgrim*  
by Edward Hays, p. 197)

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Try these gratitude practices found at [www.gratefulness.org](http://www.gratefulness.org).



### 1. Handwashing: A Grateful Practice

When you “lather up” notice how you feel when you intentionally cultivate gratefulness:

- Remember this activity is a privilege and luxury that not everyone has access to.
- Embrace this opportunity to breathe consciously with several deep breaths.
- While washing, sing or play a song that connects you to mystery through music.
- Reflect on the wonder of your hands... show appreciation by massaging them.

### 2. The ABCs of Grateful Living

When you are waiting, say, at the grocery store, go through the alphabet and note, for each letter, the first word that comes to your mind... how does this word connect to your desire to be grateful?

A – amazement

B – beauty

C – community, etc.

### 3. Practice Gratitude

In the face of crises, make note of the things for which you are grateful: your breath, the shade of the sky, the colour green, the people in your life, the ability to laugh, a pet. Maybe start a gratitude journal.

Or read one of these highly recommended books:

*Gratefulness, the Heart of Prayer: An Approach to Life in Fullness* by Brother David Steindl-Rast

*One Thousand Gifts: a dare to live fully right where you are* by Ann Voskamp

and *One Thousand Gifts Devotional: Reflections on Finding Everyday Graces* by Ann Voskamp