

# Discovering Gratitude

Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.

- Philippians 4:6-7 CEB

Find a quiet corner in your home where you can relax for a few moments in a safe and sacred space. Grab your journal or simply jot on the back of this download. With pen/pencil and paper in hand, slip away to your spot. Your sacred space may be a favorite chair or even a hidden corner in your closet. Can't find "quiet" in your home? Grab some earbuds and tune in to your favorite calming/meditative music, shut the door to your bedroom, or find a space outside. You can ask your family/roommates to honor your solitude for just a half hour (or so) as you spend time in gratitude reflection.

Once you're settled, read the scripture above 3 or more times, slowly and reflectively. Sit in silence for a few moments between each reading then allow yourself to "simply be" for 5 to 10 minutes in the silence.

What do you notice as you read? What comes to mind? How do you feel?

Make two columns on your paper. Label one column with Requests and one column with Thanks. Begin listing your Requests as well as your Thanks to God. Write these until you've run out of room, until your hand is too tired to write any longer, or until you feel at peace that what is on your heart is now on paper before the Lord. Now offer your requests AND your thanks up to God with a silent prayer.

As you go about your day, breathe the breath prayer below (or create your own):

Inhale: Jesus

Exhale: Give me peace

If you use essential oils in your home, consider diffusing or spritzing Wild Orange and Clove as a reminder of the above scripture and prayer. Aromatherapy is deeper than the sense of smell and can serve as a reminder of our heart's intention. In this case, to receive the gift of God's peace and give thanks.