

# Meditation for gratitude



*Feeling blessed? Inspired by ancient words of wisdom found in the Bible, this guided meditation invites joy into your day by reminding you of the people, places and opportunities that you're grateful for.*

*It also creates space for you to reflect on your understanding of where the good gifts in your life come from. Are they the result of luck, hard work, fate or the work of a higher presence? And what would it mean to express thanks to God for the blessings in your life?*

You are listening to a meditation to experience and express gratitude.

Make yourself comfortable.  
Let your body relax.

Take a moment to check how you're feeling.  
Are you experiencing any tension in your body?

Take a deep breath in and a long breath out.  
Become aware of this tension leaving your body.

Let's start by inviting gratitude into your day.

Hold your hands in a cupped position.  
Imagine a small gift being placed there.

This gift represents your senses.  
Consider: in which ways are your senses a gift?  
Think of the ways they connect you to the world around you.

What are your favourite things to taste?  
Savour that thought.

What are your favourite things to hear?  
What are your favourite things to touch?  
What are your favourite things to smell?  
What are your favourite things to look at?

Picture another gift being placed in your hands.  
This one represents your home.  
What do you appreciate about it?  
Think of your favourite room.  
How does it make you feel?

You notice another gift being placed into your hands.  
This represents a place outside of your home.  
Maybe it's an outdoor space or your workplace.  
What do you cherish most about it?  
What does this space give you?  
Who are you able to be in this place?

Another gift represents someone special in your life.  
How do they support and encourage you?  
What do you love about them?  
What's your favourite memory of them?

What other gifts do you hold dear?  
Imagine them falling into your hands right now.

Notice how many there are, piled high in your hands, each one precious to you.

Pause and reflect on this image of the good in your life being like gifts.

What would it mean if they weren't random – but good gifts, especially for you?  
Do you connect with the idea of a giver of these gifts?

One ancient writer says: 'Every good gift and every perfect present comes from heaven; it comes down from God, the Creator of the heavenly lights.'

How do you connect with this idea?  
What would it mean for God to be a loving, present being – an origin of goodness?

Open yourself up to experiencing the author's understanding of God as the source of the good gifts in your life.

Take a deep breath in and a long breath out.

Another ancient biblical letter reflects on the joy of expressing gratitude.

Writing to friends in the early Church, the author says: 'I thank my God for you every time I think of you; and every time I pray for you all, I pray with joy.'

How would it feel to receive this message?

Think about the last time someone thanked you.  
How did their response make you feel?  
Let that feeling flood your senses right now.

When was the last time you thanked someone?  
How did it feel to be able to express your appreciation?

Perhaps you'd like to join the author in expressing gratitude to God.  
If you were to choose one gift to thank God for, what would it be?

Take a deep breath in.  
As you release your breath, imagine this expression of thanks rising like a prayer.

One biblical author offers guidance on maintaining gratitude in difficult circumstances.

How do you practice gratitude when things around you are challenging?

He writes: 'Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.'

Name one thing that's robbing you of peace today.  
Imagine yourself handing this over to God.

What do you need today?

Picture the image of your cupped hands, overflowing with good gifts once again.  
Hold this image in your mind as you bring your request to God.

What are you seeking in this situation:  
A solution, fresh perspective or a sense of peace?

Take a moment to be still and sit with your thoughts.

Take a deep breath in and a long breath out.

As you prepare for this meditation to draw to a close, picture cupped hands once more.

Notice how many gifts you're holding.  
Appreciate these good gifts in your life.

Focus on one of the gifts from earlier: a person, a place or opportunity.  
Hold this close as you return to your day.