

Month: June
Topic: Pot o' Gold

Source: <http://www.smallgroupministry.net/public/sessions/index.html#sessions>

Gratitude

Opening Words:

For the sun and the dawn which we did not create;

For the moon and the evening which we did not make;

For food which we plant but cannot grow;

For friends and loved ones we have not earned and cannot buy;

For this gathered company which welcomes us as we are, from wherever we have come;

For all our free churches that keep us human and encourage us in our quest for beauty, truth & love;

For all things which come to us as gifts of being from sources beyond ourselves;

Gifts of life and love and friendship we lift up our hearts in thanks this day.

- Richard M. Fewkes

Focus Reading:

If the only prayer you say in your whole life was "Thank You," that would suffice. - Meister Eckhart

Give thanks for unknown blessings already on their way.

- Native American Prayer

The more you praise and celebrate your life, the more there is in life to celebrate.

- Oprah Winfrey

Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.

Keller

- Helen

Gratitude is heaven itself.

- William Blak

Focus Questions:

1. What spoke to you (or didn't speak to you) from the readings?
2. Are you as grateful as you would like to be?
3. In what ways do you practice gratitude?
4. What gets in the way of experiencing gratitude?
5. How have you found ways to be grateful for the ways that life turned out, rather than the ways you expected it to be?

Closing Words:

Just as millions of snowflakes pile up to create a blanket of snow, the "thank yous" we say pile up and fall gently upon one another until, in our hearts and minds, we are adrift in gratitude. -

Daphne Rose Kingma

"God,

May our ears be open to little birds who are the secret of living,

May we take time to see flowers and people for the beauty they are,

May we make room in our lives for one another. "Richard F Boeke

Go in Peace