



Gratitude

Some days, it flows easily from my heart -
The beautiful sunrise
The smell of someone else cooking breakfast
Laughter from another room
The peaceful rhythm of a slow walk
The joy on the face of a passing stranger.
Other days, I have to consciously seek to name those
things for which I am grateful -
Waking up
Taking a breath
Finding food in the cupboard
The rainbow after an all day summer rain
Falling into bed at the end of a long day
With knowledge that tomorrow is a fresh start.

*Whether it flows easily or requires effort to name and express, gratitude
is an essential part of our lives if we wish to journey through our days
with any sense of happiness, peace, and calm.*

Let us pray...

Creator God,
I thank you for the gift of this day
and for the changing seasons.
As summer heat gives way to crisp, cool air
I am grateful for the sense of peace that envelops the earth
For the explosion of color
that invites me to stop and take it in
On those days when gratitude fills my being,
help me spread the feeling.
When gratitude requires effort,
guide me,
walk with me,
love me.

By Jean Glaraton
From *Retreat, Reflect, Renew*: