

A MEDITATION ON GRATITUDE



A Teaching from Beaches Vineyard Church

INTRODUCTION

At Beaches Vineyard Church, our vision is to share the love and power of Christ's kingdom with everyone, everywhere, every day. Given the boldness of such a statement, we recognize that to do this there must be a transformative work that takes place in the depths of our lives.

What this booklet is intended to do is provide you with a suggested prayer path that will help nourish this level of transformation. In this booklet, we have offered set times of prayer and reflection around the vision and values of Beaches Vineyard Church. There are seven days of prayer content, with two prayer and reflection times each day, totaling fourteen crafted prayer times.

We hope that through the Holy Spirit, God will renew your heart and mind in each aspect of your time with Him.

**To listen to corresponding teachings visit us online at
beachesvineyard.net/vision_teaching**

MORNING

READ | Psalm 100:4-5

Read through this passage once, paying attention to what you are drawn to in the text. Then, spend some time with just one or two key words. Allow them to be the entire focus of your attention, as you center only on these words and your breath. You are not trying to “get” anywhere or learn anything new. You are simply resting in the Word of God.

EVENING

REVIEW: Make yourself aware of God’s presence. Look back on your day with God. From God’s perspective, what was significant about today?

Notes: _____

Tuesday

November 24th

MORNING

READ | Philippians 4:6-7

Read through this passage once, paying attention to what you are drawn to in the text. Then, spend some time with just one or two key words. Allow them to be the entire focus of your attention, as you center only on these words and your breath. You are not trying to “get” anywhere or learn anything new. You are simply resting in the Word of God.

EVENING

REVIEW: Look back on your day with God. How did you experience connection in God?

Notes: _____

MORNING

READ |

The sounds of engines leave the air.
The Sunday morning silence comes
at last. At last I know the presence
of the world made without hands,
the creatures that have come to be
out of their absence. Calls
of flicker and jay fill the clear
air. Mice and chickadees feed
among the green and the dying leaves.
Gratitude for the gifts of all the living
and the unloving, gratitude which is
the greatest gift, quietest of all,
passes to me through the trees.

- Wendell Berry

IMAGINE: Let us welcome the silence that precedes and encompasses gratitude.

EVENING

REVIEW: Make yourself aware of God's presence. In God, look back on your day. What challenges did you face? Did you experience God's invitation in the challenge? Is there a sense of gratitude that can be uncovered?

Notes: _____

MORNING

READ |

Any longing for God, Truth, Beauty, Happiness, the Peace and Silence that have no opposite, (means) we have in some hidden way known God, and for this hidden knowledge to have taken place, God must first have known us in some hidden way. Our very longing for God is a response to having already been touched and embraced by God... 'You have made us for yourself, O Lord,' St. Augustine says, 'and our heart is restless until it finds rest in you.'"

- Martin Laird, An Ocean of Light, pg. 29

You were not created for restlessness but for rest. Rest in the Presence that has always been, that is nearer to you now than you are to yourself.

EVENING

REVIEW: Make yourself aware of your breath, and pay attention to only your breathing for the next 2 minutes. As thoughts enter your mind, acknowledge them and then slowly focus your attention on only your breath. Consider setting a time for 5 or 10 minutes so your mind is free to let go of time for a while. Enjoy abiding in Christ, free from habitual thought loops and patterns of striving to connect. Be in God.

Notes: _____

Friday

November 27th

MORNING

READ | Romans 5:3-5

Reflect on the gifts of God's silence, on the surprise blessing of unanswered prayer.

-David Whyte

EVENING

REVIEW: In the presence of God, consider: What was the state of my heart & mind today? Open or clinging?

Notes: _____

MORNING

READ | 2 Corinthians 4:15 (MSG)

"We believe that the One who raised up the Master Jesus will just as certainly raise us up with you, alive. Every detail words to your advantage and God's glory, producing more and more grace, more and more praise."

—2 Corinthians 4:15 (MSG)

CONSIDER: How would your life be affected if you suddenly found that you, like Jesus, were able to embrace suffering, to not cling to a small life of preferences, but actually let all the expectations die and learn to accept what is? Not just the big stuff, but the little indignities, the small hopes that didn't come true, being misunderstood, being confused. Maybe consider using "Every detail is grace and praise." as a breath prayer today, helping keep that invitation in front of you.

EVENING

REVIEW: Make yourself aware of God's presence. Look back on your day with God. From God's perspective, what was significant about today?

Notes: _____

Sunday November 29th

MORNING

Look back at all the verses, prayers and meditations this week. Spend some additional time with whatever was most helpful.

EVENING

COMMIT: Call someone you love on the phone, take them out to dinner, be near them and look out on them as Christ, with new eyes and an open heart.

Notes: _____



Beaches Vineyard
CHURCH

beachesvineyard.net