



## **Begin a Gratitude Meditation Practice**

**I remember the days of old; I meditate on all that you have done; I ponder  
the work of your hands.**

**Psalm 143:5**



**On the glorious splendor of your majesty, and on your wondrous works, I will meditate.**

**Psalm 145:5**

To support our gratitude meditations we will use the free Insight Timer application (app). Sharon Easley will lead this pathway and provide daily meditation suggestions for the month of August. Of course you can continue with your meditations after August ends. And we hope that you will do just that!

To be added to the Gratitude Group, please contact Sharon Easley at [seasley@sdlife.org](mailto:seasley@sdlife.org) and provide your email address.

Links to download the Insight Timer app for Apple or Android devices, can be found here:  
<https://insighttimer.com/>

Don't worry if you have never meditated before. If you can sit still, breathe, and not talk for at least 10 seconds, you CAN meditate. We will start off gradually with shorter guided meditations of 5 to 10 minutes the first week. You can join the group at any time during the month of August and participate as much or as little as you are able. There is no right or wrong way.

One important note, the Insight Timer supports a number of faiths therefore Jesus (or God as Christians understand him) may or may not specifically be mentioned in a particular meditation. As part of your internal dialog, please insert your own term for Jesus or God just as you do during your prayer time with Him.



- If you are not the writing type, do not lose hope. Gratitude practices can take many forms. Sketch or paint your feelings of gratitude in a work of art. Take a gratitude walk being mindful about what you are thankful for, including your surroundings. Begin your time of prayer/contemplation with gratitude. Participate in St. David's 30 days of Gratitude/Thankfulness meditation.
- It does not need to take a long time to practice gratitude. Set your alarm for an extra 10 minutes in the morning, or make it your last activity of the evening. Pair it with another daily task to help you remember. The goal is to spend a few minutes each day reflecting on something good, no matter how small.

As we take the month of August to focus on gratitude/thankfulness at St. David's, remember, it is never too late to begin practicing gratitude and there is no one right way. In the words of Thomas Merton, "To be grateful is to recognize the love of God in everything he has given us – and he has given us everything. Every breath we draw is a gift of His love, every moment of existence is a grace, for it brings with it immense graces from Him."

### **Gratitude Journal Writing Prompt Ideas:**

- What is something beautiful that you saw today?
- What do you like about the current season?
- What spiritual belief are you grateful for?
- What is different today than a year ago that you are thankful for?
- Who are you grateful for and what do you love about them?