

## **Counting your Blessings**

This spiritual practice helps us to see the goodness in the world around us as well as the many blessings God is doing in our lives. It is often so easy to get caught up in the negative aspects of the world and our lives but when we take the time to remember the goodness we are taking part in the remembrance of Holy Communion, in the remembrance of all that Jesus has done and is continuing to do for us.

**How to Practice** (taken from *The Good and Beautiful God*, by James Bryan Smith, p.70):

“Make a list of all the things God has blessed you with, all the things that make life wonderful. Pay attention to the details of your life. Look for the hidden things. Take notice of all those wonderful things you easily overlook. Start small: try to come up with a list of ten things God has blessed you with. It can include things like your loved ones, material provision or opportunities you have been given. It can also include things in the created world: the sun, the stars, the mountains and so forth. Or you might want to include things you love, like coffee or ice cream! Finally, also include things that God has done for you. Each day God is at work providing for us, even though we cannot always see it. This exercise is aimed at helping you see ‘the wide spread mercy’...Keep adding to your list each day. Strive to make a list of fifty things. Then keep going! See if you can come up with one hundred blessings, things you are thankful for, this week.”