"Wherever you place your foot, there rests a blessing."
—Rumi

Before you begin the Post-it™ note exercise, we invite you to share the poem and reading on the reverse side. Perhaps read it aloud 2-3 times. Allow 10 minutes of prayer and quiet reflection before beginning the exercise. May the God of all things drench your space with His rich presence through the Holy Spirit.
Anyone and anything that brings good or God-ness into our lives is a blessing. To bless is to bring the touch of God, the touch of love and goodness, to another by our presence as well as by our actions. Blessings are a greeting from God, saying "I care about you. I desire what will be for your good. You are dear to my heart. I want your life to be filled with love."

Blessings are not always immediate, "feel good" sorts of things. Sometimes these blessings come disguised in the pain, struggle, and hardship of the unwanted parts of our lives. It is only later, with hindsight, that we look and see what a gift those times and events were for us.

_Gifting God_,

_Tie a ribbon of remembrance around my heart, so that I can often recall those sacred places where you have made yourself known in the hidden recesses of my life._

_Stir up my memory-cup, let me look deeply within it, seeing all the people and events that have led me to you._

_Refresh the photographs of my mind where the vivid traces of your love are etched in our relationship, and marked upon my memory._

_As I gaze into my personal history unlock the storage spaces of my soul, reveal the truth of your bountiful love, fill my heart with awe and gratitude._

_God of Beauty, the blessing of your loveliness astounds my being, the power of your presence enriches my every moment. Blessed are you. Blessed are you._

—Joyce Rupp, _The Cup of Our Life_  
Week VI: The Blessing Cup