

## BRAINSTORMING ONE'S LIFE



*"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*