

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*