

REFLECTION GUIDE

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REFLECTION GUIDE

FOR FAMILIES, INDIVIDUALS, & SMALL GROUPS

REFLECT.

1

When did you last feel pity/empathy for someone? Bishop Wright describes empathy as when “we can see the pain and predicament of someone and lead with love not judgment”. Describe a time that you are grateful for someone’s empathy for you.

2

One healed man came back to give thanks. Has gratitude ever changed your direction? Who might you serve if gratitude for what you have been given directed your steps to give to others?

3

For what or for whom are you thankful?



IMAGINE.

I think that's what Jesus meant, at the end of the story, when he said, 'your faith has made you well.' You're whole now, complete now. Your faith has made you what you really are. ...who God intends for us to be is awake and alive to our blessings

Bishop Wright

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*Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with **every spiritual blessing** in the heavenly places.*

Ephesians 1:3

1

Imagine that you have been made totally whole and complete in your spiritual being.

That you are fully alive and awake to your blessings. That your cup is full to overflowing, not being drained. What is the first thing you will do? What change do you anticipate in your heart, mind, spirit, when you are operating from a place of wholeness, fullness, abundance, and gratitude?



EXPRESS.

Let everything that has breath praise the Lord!
Psalm 150:6

Breathe. This moment, and throughout the day, pause and breathe, and give thanks for the things that come to mind. As Bishop Wright notes, “The Samaritan used his breath, his life force, to express gratitude. This man returned his breath to the One who put breath in him.” Breathe. Give thanks.

Worship through Song. Use this playlist of songs of thanksgiving to direct your breath to the One who gave you breath. <http://bit.ly/thanksgivingworship>

Display Your Thanksgivings. Make a regular practice of calling yourself back to a mindset of gratitude. Make a daily practice of listing the good things, experiences, and people for whom you are grateful. If you want, give this list the Pinterest treatment and write them on a pumpkin, or write each thing on a paper leaf and make a garland out of it, or write on post-its and put up on a blank wall of your home. Let this serve as a visual reminder that God has been so good to us.

Remember, as Abraham said to the Lord while he was still waiting on the promises of God to be fulfilled, “**YOU** are my shield and my very great reward”(Gen 15:1). God is enough. Without anything else. God’s presence alone. We give thanks for that.

Out of Gratitude, GIVE. Out of the generosity you have experienced, out of the empathy, care, and kindness others have shown you, how can you now give generously to those in need? What concrete action can you do to show empathy and generosity to others in need this week?

