



PSALM 118

Give thanks to the Lord, for he is good;
his love endures forever.

Let Israel say:

“His love endures forever.”

Let the house of Aaron say:


“His love endures forever.”

Let those who fear the Lord say:

“His love endures forever.”

When hard pressed, I cried to the Lord;
he brought me into a spacious place.
The Lord is with me; I will not be afraid.

The stone the builders rejected
has become the cornerstone;
the Lord has done this,
and it is marvelous in our eyes.
The Lord has done it this very day;
let us rejoice today and be glad.





PRACTICING GRATITUDE:

Consider adding a pad of paper to your bedside table. Write down 1-3 concrete things that you are grateful for each day this week. Take an extra few minutes to recite this prayer:

"God, I give you all the glory, for you are the Creator and Sustainer of all things both seen and unseen. Thank you for the tangible gift of _____ that was evidence of that for me this day." Amen

Prayerfully ponder one or two friends that come to mind. Send them a note sharing why you are grateful for them.

Take some time with blank paper to sketch or paint as you listen to the audio of Psalm 118. What imagery comes to mind as you hear the words?

CONNECT & SHARE:

Share about your experience over the last several days acting on this specific spiritual practice. Some things you might share:

What ideas did you try (from the suggestions or consider sharing another idea for your group).

What worked well for you?

Can you articulate how it felt to be open to God's work in your life as you opened yourself up to this practice?