

## ***Meditation on Gratitude***

For teens and adults

This meditation of gratitude will guide you in slowing down, considering the many ways God has blessed you. By the presence of the Holy Spirit, you will continue to discover deep gratitude in the many and varied gifts of God.

You will experience a meditative prayer practice taught and practiced by Martin Luther. If this practice is unfamiliar, it will take practice to become more comfortable with it.

You will use a variety of medias to stimulate a mind and heart of thanksgiving.

The Holy Spirit will renew your spirit through the spiritual disciplines of prayer, Christian meditation, and gratitude.

During this season of Thanksgiving, our awareness of God’s goodness can be heightened. But living a life of gratitude is a 24/7/365 lifestyle. “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” (1 Thessalonians 5:18 ESV)

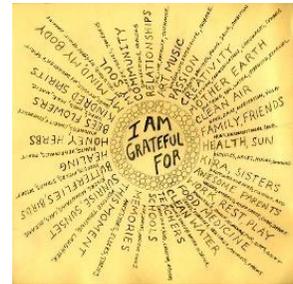
### 1. The I.T.C.P. meditative prayer practice.

In a quiet place, sitting on a firm chair with your back supported, pencil and note pad handy, quiet down. Breath in through your nose, out through your mouth. Notice, as you breath, that your breaths are slowing as you settle in. If things come to mind interrupting your time in the Lord, jot them down on the note pad, then return to your slow breathing.

Using the following progression: read the following Psalm 9:1 (see below) 4 times slowly, pausing at each step to consider, “How is this verse...?”

- a. Instruction – How does this verse lead me into understanding?
- b. Thanksgiving – How does this text lead me to be thankful?
- c. Confession – What am I made aware of that I want to confess?
- d. Prayer – What further prayers have surfaced in my time with God?

\*Psalm 9:1 “I will give thanks to the LORD with my whole heart; I will recount all of your wonderful deeds.” (ESV)



2. Additional resources – This I.T.C.P. meditative prayer practice can be applied to other Scripture such as:
  - a. Ps. 34:1-3, 136:1, 138:1-2, Gen.2:21-23, Ex.15:21, Luke 1:39-45, 2:25-32, 17:11-19, 2 Cor. 4:15-16, Phil. 4:6-7, 11-13, etc.
  - b. Hymns; *Lutheran Service Book*; #782 Gracious God, You Send Great Blessings, #789 Praise and Thanksgiving, #806 Give Thanks with a Grateful Heart, etc.
  - c. Texts from inspiring books such as *The Hiding Place* by Corrie ten Boom (the part when Corrie gave thanks for the flea-infested prison barracks, because the guards stayed away and they could pray together).
  - d. Video clips
    - i. Nature. Beauty. Gratitude. (TED Talk, 9:30)  
[https://www.ted.com/talks/louie\\_schwartzberg\\_nature\\_beauty\\_gratitude](https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude)
    - ii. Learning through difficulties (from a little unorthodox classic movie Karate Kid, 4:47) <https://www.youtube.com/watch?v=N7HuhacP2c>
3. Luther taught this I.T.C.P. prayer practice using the 10 Commandments, the Lord's Prayer, and the Apostles' Creed. It just may find its way into your regular daily devotional life.