

Gratitude for Yourself - Adults

This guide contains many resources. We recognize that every community's needs are different, so feel free to pick and choose what works best for you.

Key goals and ideas

There is that of God, light, spirit, in each of us.

We can find, affirm, and nurture that in ourselves, and in one another.

Our gifts do not belong to us alone.

Preparation

Discern which (if not all) of the readings and quotes you want to use.

Choose queries to ask and plan for how you will use them (possibilities are explored [here](#)).

Introduction

When you look in a mirror, what do you see? Who do you see? Do you just see a set of eyes staring back at yourself with skin and hair? Do we see different stories and memories? Memories of difficult times? Someone with many gifts? How can we look into the mirror and recognize Spirit?

Through practicing gratitude we clean our mirrors, washing away the dirt and grime that can get in the way of noticing Spirit. It's easy to see this on an intellectual level, but how do we get there experientially? As part of their training with Right Sharing of World Resources, in addition to learning business skills, women in the women's groups in Guatemala clean their own mirrors in this way through *fortalecimiento personal* or personal strengthening practices ([Heart Training in Guatemala](#)), so that they can better see themselves, and each other, and the gifts they have to share. When gifts are noticed, recognized, and celebrated, the dust on our mirror is cleared away. Through our time together we'll be working on cleaning our mirrors and noticing what shows up that we might not have seen so clearly before. In this light, we'll explore what this means for our responsibility, or ability to respond, to each other and our communities in this world we share.

Readings and Quaker Quotes

“Be patterns, be examples in all countries, places, islands, nations, wherever you come, that your carriage and life may preach among all sorts of people, and to them. Then you will come to walk cheerfully over the world, answering that of God in every one; whereby in them you may be a blessing, and make the witness of God in them to bless you.”

George Fox, [The Works of George Fox](#), pages 288-289

“The love of God again makes us free, for it draws us to set a low value on those things wherein we are subject to others – our wealth, our position, our reputation, and our life – and to set a high value on those things which no man can take from us – our integrity, our righteousness, our love for all men, and our communion with God.”

Kenneth Boulding, [The Practice of The Love of God](#)

"One of my Guatemalan colleagues had been taught by the Jesuits that having a gift should be treated not as a virtue but as a responsibility. After all, because it is given to you, a gift is not something for which you can take credit."

Adam Kahane, [Power and Love](#), page 36

“As Christians, all we possess are the gifts of God. Now in distributing it to others we act as his steward, and it becomes our station to act agreeable to that divine wisdom which he graciously gives to his servants.”

John Woolman, [A Plea for the Poor](#), page 5

Queries - Choose whichever are appropriate for you, a mix of queries that approach the range of human experience (emotional, intellectual, personal stories) often work best

What is something you’ve inherited from your ancestors that you are proud of?

Where do you see that of God in yourself? in someone else in your life?

Share a time when one of your gifts blossomed in an unexpected way. What supported its blossoming?

Share a time when you witnessed someone else unexpectedly express their own gift beautifully. What conditions supported this happening?

What is a gift I have to share with others, that I can't take (much) credit for, or that I have others to thank for?

What is a gift I feel called to share with others (that I can share more of)? What might this look like?

Fill in the blank on what is true for you (in the spirit of gratitude): "Mirror, mirror on the wall, who is the _____est one of all?"

Suggested practice for the next week:

You can do some combination of journaling, drawing, and verbally sharing your responses to these queries with a friend or with family

What are you excited about?

What do you find challenging?

What are you feeling?

What are you grateful for about who you are?

Write an affirming letter to a younger version of yourself