

P-FIT

STUDY AID #8: BLESSINGS MEDITATION SHEET

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we think about our blessings.*

INTRODUCE TOPIC & SCRIPTURE: Wisdom 3:5 *"...They shall be greatly blessed, because God tried them and found them worthy of Himself."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: Psalm 118:1 *"Give thanks to the LORD, for he is good, His mercy endures forever."*

MEDITATION

"I asked God for strength that I might achieve. I was made weak that I might learn humbly to obey...I asked for health that I might do greater things. I was given infirmity that I might do better things... I asked for all things that I might enjoy life. I was given life that I might enjoy all things... I got nothing that I asked for – but everything I had hoped for. Almost despite myself, my unspoken prayers were answered. I am among all men, most richly blessed!"³

RESOLUTION

(Re-read Scripture.) Sometimes blessings are disguised by trials. Sometimes God gives us trials so that we can see the blessings in the end. *Lord, be for us light in times of darkness, strength when we are weak, wisdom in our confusion, healing in times of illness, and courage to work through life's problems and difficulties. Give us joy when we are sad, bread to feed our hunger, and eternal life to defeat the power of death. Thank you, Lord for all your blessings.*

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You.*

*Mary, Our Blessed Mother, **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day). **pray for us**.* In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. John Catoir, *Joyfully Living the Gospels Day by Day*, pg. 143, Excerpt reproduced with permission from Catholic Book Publishing Corp., NJ. All rights reserved. www.catholicbookpublishing.com

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

