

Monthly Theme: Motivation

November 17 & 18: **Thanksgiving**

“May you be made strong with all the strength that comes from [God’s] glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light.”

~ Colossians 1:1-2

“Life is a process of becoming, a combination of states we have to go through. Where people fail is that they wish to elect a state and remain in it. This is a kind of death.”

—Anais Nin



Invitation to Thanksgiving

Center with: Becoming more of me is expansion, Living God. I am transforming, a living revelation of the universe. I do not need to explain myself. I am free to offer thanksgiving for me.

Breathe In:

I don't have to explain myself.

Breathe Out:

I offer thanksgiving for me.



Reflection:

What makes growing feel like hard work? Why might you resist the work?

Are you thankful for who you are? What prevents you from offering thanks for you? For which parts of you can you offer thanks?

I will live into thankfulness for me today by: