

Awaken to God's Presence | Gratitude

SUMMARY KEYWORDS

Meditation, gratitude, renewal, community, spirit, breath, rest, harvest, abundance, connection, hope

SPEAKERS

Robin Linkhart, Joelle Wight

Joelle Wight 00:04

A gift of peace in the midst of troubling times. Project Zion podcast offers this series of guided practices to help you connect with the divine no matter where you are or what's going on around you, take a deep breath and allow your spirit to find calm in the storm of life.

Robin Linkhart 00:29

Welcome to this time of meditation. This is Robin Linkhart, Community of Christ minister and your companion for today's spiritual practice, take a few deep breaths, feel your body settle into the space. Feet, grounded, shoulders, soft, breath steady. November invites us to slow down. The air is cooler, the light softer. Nature herself begins to rest. Let us enter this moment with openness and quiet gratitude. Noticed your breath, your body and the stillness within and around you. Imagine the earth around you turning towards winter's rest tree. Trees release their final leaves. Fields lie fallow, the natural world exhales. November teaches us that letting go is not loss, it is preparation for renewal. What in your life is ready to rest, release or be set down for a season? What cycles in your own spirit are changing. Even as the landscape becomes bare, gratitude abides. The harvest has been gathered, and we hold its abundance in our hearts. In this moment, let your thoughts wander through the blessings of your year, large and small, seen and unseen. Who or What are you most grateful for right now? Where has life surprised you with goodness or grace? November draws us inward, but not into isolation. We are part of a greater rhythm of community creation and spirit. As branches intertwine in the forest, our lives are bound together in sacred relationship. Who walks with you through this season of life, what connections sustain your spirit and call you toward hope? As this meditation draws to a close, return once more to your breath. Feel your feet on the earth rooted and steady. Remember the quiet of November is not emptiness, but gestation. Life is preparing beneath the surface to begin again. May you rest where you need rest. May you release what you no longer need, may gratitude root deep within you and may the rhythm of life, birth, growth, harvest, Rest guide you gently forward. May you be blessed. Amen.