

Mindful

The Celtic Christian tradition, approaches life in all its details, and as a whole as an act of worship. With each task of their daily routine, they sing a prayer, appropriate to the task, as a way of giving thanks and committing it to God. With every new turn of time they give a poetic thanksgiving, passed down through many generations. These pieces of prayer are not mindless words uttered unfeeling and rote like we often recite pieces of the liturgy of worship. They were the constant natural act of thanksgiving in every part of life.

I struggle to remember and practice prayer at meals, at rising and going to bed, and daily devotional time. I need a prayer each time I get into the car to drive, when I use a key or go through a door, when I begin to read or write. A way to be reminded that everything I do should be an act of worship and thanksgiving. Would we experience a more grateful life if we began each new task and activity with a prayer of thanksgiving?

*Have a blessed Thanksgiving,
Pastor David*