

Practices for Contentment

Give thanks for what is throughout the day

Morning – Contentment begins when you open your eyes. You've opened your eyes to another day! If you waken to a new day, presume God thinks you're up to it. We are "to praise, reverence, and serve God" (Ignatius of Loyola's premise), to be an ambassador of Christ. Your first prayer of the day: gratitude for the wonder of your life.

Noon – By noon of each day, claim a dozen things or people or circumstances for which you are grateful. Express your gratitude whenever possible. It's contagious, for you and for others.

Night – Pray your life at the end of the day: reclaim your gratitude; express your regret for where you blew it; hand back to God what you are lugging so that you can rest in peace.

Embrace waiting

Review your life – Wherever you are worrying or wondering about the future, all of it is an invitation for your waiting. Waiting is fascinating. Don't let waiting be empty space or fretful time. Let your waiting be full with wonder and the grace of resting in God's unfolding provision.

Write a "Rule of Life for Contentment" on an index card

Start with three – Identify three aspects of your life right now that make it worthwhile for you to get out of bed. What are you living for? Not something in the future, or something in the past, but something now. Keep the card with you and review it throughout the day.

What are you living for?

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