

**LENT 2022**

## **Gratitude Journal**

**ST. DAVID'S EPISCOPAL CHURCH**

**SOUTHFIELD, MICHIGAN**



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## **2022 Our Year of Gratitude**

Imagine that you and everyone you know, are climbing a ladder.

It's a tall ladder that stretches high into the sky. And there we are, with our heads tilted up, hand over hand, foot after foot, climbing rung after rung in a steady but endless rise toward the heavens.

Each rung is an accomplishment, an acquisition, an experience, a relationship - and the moment we get to one, it's on to the next.

That's the way the world works. Not much time to enjoy, savor, or even make room in our memory banks for each rung because it's on to the next. Gotta keep moving. There are so many rungs before us. Look at everyone around us! We've got to keep up!

Now imagine we've stopped.

We've taken a moment to catch our breath. And for a brief while we've adjusted our gaze to look to the right, to the left, and to look down at all the rungs. We notice the silence, the stillness, the restfulness that comes upon us as we savor all those accomplishments, acquisitions, experiences, and relationships.

Wow. We've come so far. We've done so many things. We possess so much.

We allow our hearts to fill with gratitude.

And it feels so good. In fact, it feels more fulfilling than most of the rungs we've reached.

And for a brief moment we consider: what if I did this more often? Substituted that endless climbing with intentional moments of reflection? How would I do that? What would that look like?

That's the idea behind this journal.

Every day for the next 40+ days of Lent and Easter Week you're invited to develop your own ritual of daily gratitude. The challenge is to stop, think, write, and reflect.

We'll go easy. We'll ask you to write down just 3 things a day for which you are grateful. We'll leave it up to you to reflect as long and as deeply as you like, knowing that this exercise has been scientifically proven to improve your mental, spiritual, even physical health.

The more time we take off the ladder, savoring the view, considering our blessedness, looking not at what we want but at what we've got, the better off we are.

Come, let us make room for what God has done.



## Gratitude Journal

Ash Wednesday

- 1.
- 2,
- 3.

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Thursday After Ash Wednesday

- 1.
- 2.
- 3.

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Friday After Ash Wednesday

- 1.
- 2.
- 3.

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Saturday After Ash Wednesday

- 1.
- 2.
- 3.

First Sunday in Lent

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

### Monday in the First Week of Lent

- 1.
- 2,
- 3.

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### Tuesday in the First Week of Lent

- 1.
- 2.
- 3.

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### Wednesday in the First Week of Lent

- 1.
- 2.
- 3.

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### Thursday in the First Week of Lent

- 1.
- 2.
- 3.

Friday in the First Week of Lent

- 1.
- 2,
- 3.

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Saturday in the First Week of Lent

- 1.
- 2.
- 3.

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Sunday in the Second Week of Lent

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

Monday in the Second Week of Lent

- 1.
- 2,
- 3.

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Tuesday in the Second Week of Lent

- 1.
- 2.
- 3.

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Wednesday in the Second Week of Lent

- 1.
- 2.
- 3.

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Thursday in the Second Week of Lent

- 1.
- 2.
- 3.



Friday in the Second Week of Lent

- 1.
- 2,
- 3.

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Saturday in the Second Week of Lent

- 1.
- 2.
- 3.

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Sunday in the Third Week of Lent

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

Monday in the Third Week of Lent

- 1.
- 2,
- 3.

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Tuesday in the Third Week of Lent

- 1.
- 2.
- 3.

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Wednesday in the Third Week of Lent

- 1.
- 2.
- 3.

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Thursday in the Third Week of Lent

- 1.
- 2.
- 3.

Friday in the Third Week of Lent

- 1.
- 2,
- 3.

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Saturday in the Third Week of Lent

- 1.
- 2.
- 3.

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Sunday in the Fourth Week of Lent

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

Monday in the Fourth Week of Lent

- 1.
- 2,
- 3.

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Tuesday in the Fourth Week of Lent

- 1.
- 2.
- 3.

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Wednesday in the Fourth Week of Lent

- 1.
- 2.
- 3.

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Thursday in the Fourth Week of Lent

- 1.
- 2.
- 3.

Friday in the Fourth Week of Lent

- 1.
- 2,
- 3.

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Saturday in the Fourth Week of Lent

- 1.
- 2.
- 3.

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Sunday in the Fifth Week of Lent

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

Monday in the Fifth Week of Lent

- 1.
- 2,
- 3.

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Tuesday in the Fifth Week of Lent

- 1.
- 2.
- 3.

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Wednesday in the Fifth Week of Lent

- 1.
- 2.
- 3.

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Thursday in the Fifth Week of Lent

- 1.
- 2.
- 3.

Friday in the Fifth Week of Lent

- 1.
- 2,
- 3.

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Saturday in the Fifth Week of Lent

- 1.
- 2.
- 3.

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Palm Sunday

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

### Monday in Holy Week

- 1.
  - 2,
  - 3.
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### Tuesday in Holy Week

- 1.
  - 2.
  - 3.
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### Wednesday in Holy Week

- 1.
  - 2.
  - 3.
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### Maundy Thursday

- 1.
- 2.
- 3.



Good Friday

- 1.
- 2,
- 3.

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Holy Saturday

- 1.
- 2.
- 3.

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Easter Sunday

- 1.
- 2.
- 3.

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**Deeper Reflection**

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## Gratitude Journal

### Monday in Easter Week

- 1.
  - 2,
  - 3.
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### Tuesday in Easter Week

- 1.
  - 2.
  - 3.
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### Wednesday in Easter Week

- 1.
  - 2.
  - 3.
- 

### Thursday in Easter Week

- 1.
- 2.
- 3.

Friday in Easter Week

- 1.
- 2,
- 3.

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Saturday in Easter Week

- 1.
- 2.
- 3.

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Second Sunday in Easter

- 1.
- 2.
- 3.

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**Deeper Reflection**

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