

Asking Blessing Cheat Sheet Spiritual Resilience Project

Check In

How has my gratitude practice gone this week? Did I meet my goal? approximately?
If not, what do I want to do next?
Did I incorporate the lesson on body awareness at any point?
Do I want to try to include it this week?

Summary of Asking Blessing

Asking blessing on others benefits them and ourselves

We can use what we have learned about body awareness to help us ask from a place of trust

Jesus tells us to pray for our enemies, for those who harm us

While the benefits of asking God for blessing have not been strongly researched, we can reasonably extrapolate from the extensive research on the parallel secular practice of lovingkindness meditation

Lovingkindness meditation has four steps, which prime our brains and our hearts for the fourth, most difficult step:

- 1) Ask blessing for ourselves
- 2) Ask blessing for those we love
- 3) Ask blessing for someone neutral
- 4) Ask blessing for someone who has harmed us or others we care about

Asking blessing for difficult persons requires us to discipline ourselves to not offer our opinion on what the blessing or outcome should look like.

Practice This Week

- 1) How many times per week would I like to practice blessing? What time of day works best for me? Remember, even a five-minute practice can make a significant difference to our attitude and mood.
- 2) Do I just want to ask blessing on the people who are easy for me, or am I willing to add one or a number of difficult people to my list? If so, who and how often?

My commitment this week: