

Patterns of Grace and Gratitude Week 2

Friday, April 23



Prayer plant

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is. Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.
Ephesians 5:15-20

If you listen closely enough, you can hear this prayer plant grow and change. It unfurls its leaves and bumps into the pot. But you must be very still. There must be silence in order to notice the movement of the plant.

Green peppers are a wonder in the garden. You can almost see them growing if you gaze at them for a time.

Prayer is a spiritual discipline or sacred rhythm. It is a pattern of behavior that brings us closer to God. So does listening for the wind blowing through the leaves, watching the garden come to fruition, sitting in silence waiting for God. The friars, monks, nuns and priests identified spiritual disciplines to help the common folk, like us, find God in the ordinary places of our lives.

One spiritual discipline with which we are very familiar is worship. What is our pattern of worship? And when we worship, what is our purpose? Is it to draw close to God? To sing praises to the one who created the prayer plant and the earth and us? Finding spiritual disciplines or sacred rhythms that feed our souls and connect us to God are vitally important. They create a life with God so that when the life around us stumbles or disappoints, we have an inner life that refreshes and renews.

This is God’s grace lived out.