



Diocese of Aberdeen and Orkney's Lent Course 2024

# THE WAY TO THE CROSS

SATURDAY 20 APRIL



## ACTS AND DEEDS - TRY A GRATITUDE JOURNAL

On Saturdays during this course we're going to reflect on Acts and Deeds. This is going to be a more practical reflection. You may be asked to do something, consider giving alms, put your faith into action. These are suggestions and with all other suggestions for reflection in the course they're there to provoke thinking and for you to consider how best to adapt them to your current season in life.

Today you're invited to do start a gratitude journal. In the Second Week of Easter the contemplative practice was gratitude prayers, so this week's Act and Deed links into this.

A gratitude journal is a place you record those things that you're thankful for so you can give thanks to God for them. It can be people, places, events, happenings, things large and small. Some prompts are below, try it once, then perhaps again in a few weeks and see what it feels like, does it help you see small things to be thankful to God for?

You may wish to have a specific notebook. Nothing is too small to be recorded and you're encouraged to reflect on good things as gifts from God and to delve deeply into why you're grateful for them.

## Collect for the Third Sunday of Easter

O God, your Son  
made himself known  
to his disciples in the  
breaking of bread.  
Open the eyes of our  
faith, that we may  
see him in his  
redeeming work,  
who is alive and  
reigns with you and  
the Holy Spirit, one  
God, now and for  
ever.  
Amen.

### *Gratitude Journal Prompts*

1. Write about things in today's events that brought you comfort and deep peace.
2. Pick a random photo and write about why you're grateful for that memory.
3. Think back to the last time you laughed until you cried and write about it.
4. Think about someone who helped shape the person you are today and write about what they mean to you.
5. Write about a mistake that you've made which ultimately led to a positive experience.
6. Reflect upon a recent time when a stranger did something nice for you.
7. Remember last thank you note you received and write about how it made you feel.
8. Take an opportunity to thank God for an answered prayer.
9. Write about something that is easy for you, but is challenging for others.
10. Happy days are ahead! Write about something that you're looking forward to in the near future.



Jesus himself stood among the disciples and said to them, "Peace be with you."

*Luke 24.36b*

### *Usual Weekly Pattern*

Sunday  
RCL Eucharist  
Readings and Collect

Monday  
Delving Deeper into  
the Readings

Tuesday  
Words from Others  
(sacred & secular)

Wednesday  
Resources from the  
Arts

Thursday  
Contemplative Acts

Friday  
Personal Reflection  
- what this means to  
me

Saturday  
Acts & Deeds