

Blessing

How can you flourish like a beautiful tree? The Bible starts and ends with the tree of life. In this practice we use the tree of life as a symbol to think about how we can be blessed, and how we might bless others.

You might like to imagine parts of the body as different parts of the tree.

1. Foundation (heart)

Hold your hands to your heart. It's at your core, like the trunk of the tree. Think about yourself, your strengths and weaknesses, but most of all your inner goodness, which comes from God. Say 'God bless me and keep me safe as your beloved child.' Be still for a minute.

6. Finish

Say these words: 'Lord, make me an instrument of your peace' (the Prayer of St Francis). Make a note of the blessing that you are going to offer.

5. Fruitfulness

Think about the fruit on the tree of life. The joy of Christianity can be experienced in being a blessing to others in simple everyday ways. Think of a person you would like to bless this week. You could bless them with a phonecall or a text, or a simple act of kindness.

2. Family and friends (legs)

Think of the roots of the tree. Roots give us strength and security. Hold those you love in your mind, their strengths and weaknesses, but most of all their inner goodness. You can say: 'God bless each member of my family and my friends, and keep them as your beloved children.' Be still for a minute.

3. Neighbours (arms)

The branches stand for people we don't know so well, including perhaps people we don't even like. You can say: 'God bless each of my neighbours, near and far, and keep them as your beloved children.' Be still for a minute.

4. Flourish (fingers)

Leaves flourish on the tree of life. Hold creation in your mind in all its beauty and goodness. You can say: 'God bless all creation, and keep it safe and sacred.' Be still for a minute.

