

Hot Cocoa Prayer

1. Measure two tablespoons of cocoa powder. Taste it (it's bitter). Pray for some of the things that are bitter in your life and a little hard to take on their own.
2. Measure and add 1–2 tablespoons of sugar or sweetener. Taste it (it's sweet). Offer a prayer of thanks for all the things that are sweet in your life and are perhaps best in small doses.
3. Add a pinch of salt. Taste it (it's salty). Offer a prayer for moments of grace and clarity, experiences that bring out the flavour of life.
4. Warm some milk (or milk beverage) while reflecting on when you have experienced the Holy in the past day or week. What has warmed your heart?
5. Mix warmed milk beverage with hot chocolate mixture. Taste it (it's yummy). Give thanks to God and enjoy.

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