



SURVIVAL STRENGTH

1. Touch

I touch the heart of spiritual strength.

I hold an object that symbolizes for me spiritual strength.

I remember a small story of receiving spiritual strength when I really needed it. If praying alone I hold that memory, if I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Strength ...

2. Desire

I desire inner strength.

I consider three things, taking a few minutes to explore each. I ask myself: Where is the spiritual strength present in my life? ...

Where is the spiritual strength absent in my life? ...

What is the contrary or opposite of this strength for me? ...

I ask the Spirit to strengthen me, to enhearten and teach me how to steer through the white waters of my life when I find myself in danger of capsizing.

3. Choose

Today I choose the Way of Strength.

I slowly and prayerfully read the prayer text below:

I love you, O Lord, my strength. The Lord is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

The cords of death encompassed me; the torrents of hell assailed me; the cords of the house of the dead entangled me; the snares of death confronted me. In my distress I called upon the Lord; to my God I cried for help.

My cry to him reached his ears. He reached down from on high, he took me; he drew me out of mighty waters. He brought me out into a broad place; he delivered me, because he delighted in me. Psalm 18

I choose, in three thoughtful steps, the direction I wish to take:

I choose the strengthening way, led by the good spirit, to the broad place of God ... I reject the disheartening way, the snares of discouragement, led by the bad spirit ...

I turn and walk in the contrary direction, from demoralized, to strong, to delightful ...

4. Rest

I rest in the Spirit of Strength.

I imagine the Spirit addresses me by name, saying, 'Welcome to my stronghold'.

So I rest now, and reflectively through the whole day, in the Spirit's gentle strength, protection and delight. I feel delivered, relieved and stronger in spirit ...

If I belong to a group seeking spiritual strength, we rest in this Spirit together ...

5. Reach Out

I reach out to those of like mind and heart.

I end in thanks, considering two questions. Firstly, if possible, how might I reconnect with the one who made me stronger? Secondly, to whom and how do I pass on this exercise - who urgently needs spiritual strengthening now?

Note: The three dots ... indicate the places to pause.