

HOPE IN TENDERNESS

Week 2•4

1 Peter 3:8

- 1. Humility** Give me a humble mind.
I touch my forehead
- 2. Unity** Union with others in spirit.
I touch my chest
- 3. Love** A tender heart.
I touch my left shoulder
- 4. Empathy** A loving empathy with others.
I touch my left shoulder
- 5. Comfort** And a comforting hope.
Hand on heart, I take three breaths:

The first to breathe in the Spirit of Tenderness.
The second to feel tender comfort flow in me.
The third to breathe out comfort into those
needing my support.

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Six ways to pray a hope blessing

- First way** Use as written, signing the cross and breathing thrice.
- Simple way** Replace each sentence with it's left column key word.
- Personal way** Make it your own – adjust the words as you wish.
- Deep way** Read the scripture source first.
- Friendly way** Pray the blessing with or over another person.
- Group way** Replace 'I' with 'we' and pray with others.
- Giveaway** Give the blessing away to someone else in need.

How to Make the Sign of the Cross

The traditional sign of the cross is made by the top of the fingers touching first the forehead, then the chest, then left shoulder, and finally right shoulder.