



REVIVAL

1. Touch

I touch the heart of spiritual revival.

I find and hold an object that symbolizes for me the gift of spiritual revival – that interior joy, light and love from God that revives me in the face of desolation.

I remember a small story of being revived when I was really desolate, in spirit and emotions. 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 Revival...

2. Desire

I desire revival.

I consider three things, taking a few minutes exploring each. I ask myself: What revives and consoles me in my life? ...

What chokes the life from me and desolates? ... What is the contrary or opposite of revival for me? ...

I ask the Spirit for the gift of revival, for greater hope, love and faith, when I feel agitated, sad, trapped in darkness, and spiritually desolate.

3. Choose

Today I choose the way of loving consolation.

I slowly and prayerfully read the prayer text below:

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind.

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus. Phil 2:1-4

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

I choose to follow the way of revival, led by the good spirit, towards love. I reject desolation, being led into darkness, disturbed by the bad spirit.

I turn and walk in the contrary direction, from desolate, to consoled, to revived.

4. Rest

I rest in the Reviving Spirit.

I imagine the Spirit addresses me, saying, 'Trust God as Jesus did, having the same mind and the same love, for consolation will soon be yours.'

So I rest now in this Consoling Spirit, feeling myself coming back to life with compassion, sympathy and love growing in my mind and heart. I feel revived ...

If I belong to a group seeking revival, 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 consoled me? Secondly, to whom and how do I pass on this exercise – who urgently needs spiritual revival now?

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