



## SERENITY

### 1. Touch

#### **I touch the heart of quiet peace.**

I find and hold an object that symbolizes tranquility for me, a restful peace.

I remember a small story of receiving serenity with the help of a friend when I 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 Serenity ...

### 2. Desire

#### **I desire serenity.**

I consider three things, taking a few minutes exploring each. I ask myself: Where do I rest in serenity with God? ...

Where am I agitated and cut off from God's care? ...

What is the opposite or contrary of a serenity for me? ...

I ask the Spirit for serenity in the arms of my God whenever afflicted.

### 3. Choose

#### **I choose the way of serenity.**

I slowly and prayerfully read the prayer text below:

*Return, O my soul, to your rest, for the Lord has dealt bountifully with you. For you have delivered my soul from death, my eyes from tears, my feet from stumbling.*

*I walk before the Lord in the land of the living. I kept my faith, even when I said, "I am greatly afflicted". Psalm 116*

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

I choose the way of serenity, led the good spirit into God's arms.

I reject the restless way, beaten down by afflictions, diminished by the bad spirit. I walk in the contrary direction, from agitation to calm, to serenity in God.

### 4. Rest

#### **I open myself to the Spirit of Serenity.**

I imagine that the Spirit addresses me by name, saying, 'Rest peacefully in me, be content, you are now safe'.

So I rest now, and reflectively through the whole day, in the Spirit's quiet, peace and assurance. I feel a joyous harmony singing in my life, present and future ...

If I belong to a group seeking quiet peace, we rest in this Spirit together ..

### 4. 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 led me into serenity? Secondly, to whom and how do I pass on this exercise. Who needs tranquillity in God now?

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