



PASSIONATE HEART

1. Touch

I touch the heart of passionate Love.

I find and hold an object that symbolizes the passionate love. I consider how love will always seek and find the lover, for such love is strong as death.

I remember a small story of being shown, or experiencing, the passionate love of God. 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 flame of the Spirit ...

2. Desire

I desire a passionate heart.

I consider three things, taking a few minutes exploring each. I ask myself: Where is the love of God flaring in my life? ...

Where is the love of God absent in my life? ...

What is the contrary, for me, of the passionate love of God? ...

I ask the Spirit for the blazing love of my Creator and Lord, an intense love that sweeps all else away, so that I may love only what the Lord desires for me.

3. Choose

Today I choose the way of fire.

I slowly and prayerfully read the prayer text below:

Set me as a seal upon your heart, as a seal upon your arm; for love is strong as death, passion fierce as the grave. Its flashes are flashes of fire, a raging flame.

I will seek him whom my soul loves. The sentinels found me, as they went about in the city. "Have you seen him whom my soul loves?" Scarcely had I passed them, when I found him whom my soul loves. I held him, and would not let him go. Song of Songs 3:2-4; 8:6-7

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

I choose fire and passion in my love of God, and love of others, led by the good spirit.

I reject the way of a dark, joyless separation from God, a bleak heart, led by a bad spirit.

I turn and walk in the contrary direction, from gloom to fiery love, to intimacy.

4. Rest

I rest in the Spirit of Passion.

I imagine the Spirit addressing me by name, saying, 'I will dance on the crown of your head, in a tongue of flame, to call you out of yourself, to send you out to dispel the works of darkness.'

So I rest, for a while, and reflectively throughout the whole day, in the wild and desiring love of the Passionate Spirit ... I feel my heart catch alight.

If I belong to a group seeking God's passionate love, 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 person who showed me the passionate love of God. Secondly, to whom and how do I pass on this exercise - who urgently needs the healing of God's ardent love?

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