

THE BINDINGS OF PEACE

Bandages

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Above all, clothe yourselves with love, which binds everything together in perfect harmony.

And let the peace of Christ rule in your hearts.⁴⁹

1. Desire **I ask the Spirit for the Gift of Spiritual Peace.**

I take a slow breath, in and out – a breath in to receive the Spirit of Peace, a breath out to breathe out all the anxiety, agitation, fears and burdens I carry within me. This breath of body and Spirit, is Life in every sense. I repeat, feeling peace settle in me.

I ask the Spirit for the gift of a deep peace and serenity, especially in times of agitation when I feel tempted to actions that are likely to add to my disquiet.

2. Relish **Today I live in the Peaceful Trinity**

I imagine I am encircled by the Peaceful Trinity, Father, Jesus and Spirit. Each person speaks to me by name, saying, 'Do not let your heart be troubled, receive my peace.'

Without knowing how I will feel spiritual peace given my uncertain future, and surrounded by conflict, terror and fear, or knowing someone I care about in such a place, I sit humbly in the mystery of the Peaceful Trinity and my desire.

I relish deep, spiritual peace.

3. Peace **I breathe in the Spirit of Peace.**

I imagine and feel the Spirit of Peace breathing deep, inner, graceful peace into me.

I breathe it in deep, wait, then breathe it out to into my agitations and worries, into my spiritual life, desires and relationships.

I repeat as desired – breathing, peaceful, in harmony.

I conclude in thanks, moving forward in my life with greater serenity.

PRAYER TIME: 10 minutes.

⁴⁹ Col 3:12-16