

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless.

Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.¹⁷

1. Desire **I the Spirit for the gift of Empowerment.**

I hold a plant root, considering how the path of empowerment is a return to the roots of my dignity, rights and unique gifts, is being rooted and grounded in God's love.

I ask the Spirit for the Power of choice and self determination

2. Relish **I live in the Empowering Trinity.**

I imagine I am surrounded in a circle by the Trinity. Each person addresses me by name, saying, 'Be rooted in my love and grounded in your own true strengths'.

Without knowing how I will be empowered, I sit humbly, waiting in the mystery of the Empowering Trinity and my desire.

I relish feeling empowered.

3. Power **I breathe in Loving Power.**

Then I imagine and feel the Spirit breathing the gift of loving Empowerment into me.

I breathe it in deep, wait, then breathe it out to flow through my need to be empowered for greater self determination. I repeat as desired – breathing, empowered, renewed.

I conclude giving thanks, root in hand, feeling more loved and empowered.

PRAYER TIME: 10 minutes.

¹⁷ Psalm 40