

SIGN OF COMPASSIONATE PEACE

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

1. Empathy Clothe me in compassion.

I touch my navel

2. Kindness Clothe me in kindness.

I touch my forehead

3. Humility Clothe me in humility.

I touch my left shoulder

4. Patience Clothe me in patience.

I touch my right shoulder

5. Peace Let Christ's peace rule my heart.

Hand on heart, I take three breaths:

First to breathe in the Spirit of Peace.

The second to feel compassionate Peace quieten me.

The third to breathe my gift of Peace into my heart,
especially when I feel challenged by greed, pride or seeking honours.