

As servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; in honour and dishonour, in ill repute and good repute.

We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.⁶¹

1. Desire **I ask the Spirit for the gift of Resilience.**

I take a thin bamboo rod, or pliant branch, slowly bend it, then watch and feel how it gives, then springs back. I repeat, reflecting on how it's flexible, yielding strength, prevents it from breaking. I enter the presence of the Spirit of Resilience.

I ask the Spirit for the gift of Resilience, to endure suffering, bend with the storm winds, become strong in weakness, especially in the face of an unknown future.

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

Now I imagine I am surrounded in a circle by the Resilient Trinity. Each person addresses me by name, saying, 'I am the God of all consolation, take my strength'.

Without knowing if I have the yielding strength to be resilient, given I have repeatedly suffered, I sit humbly for a while in the mystery of the Resilient Trinity and my desire.

I relish being resilient.

3. Resilient **I breathe in the Spirit of Resilience.**

Then I imagine and feel the Spirit breathing Resilience into me.

I breathe it in deep, then breathe it out into my bruised heart and all those needing this gift to survive. I repeat as desired – breathing, resilient, renewed.

I conclude giving thanks, moving into daily life, feeling a greater resilience in me.

PRAYER TIME: 10 minutes.

⁶¹ 2 Cor 6:3-6