

It was I, the Lord, who taught Ephraim to walk,
I took them up in my arms; but they did not know that I healed them.
I led them with cords of human kindness, with bands of love.

I was to them like those who lift infants to their cheeks.
I bent down to them and fed them.¹⁴

1. Desire **I ask the Spirit for Divine Intimacy.**

I find and hold an object that symbolises divine intimacy for me.

I consider, 'Where is intimacy with God present in my life?'

'Where is intimacy with God absent in my life?'

'What is the contrary or opposite of my intimacy with God?'

I ask the Spirit for the gift of intimacy with God, especially when I am drawn to actions that will cut me off from my loving, personal God.

2. Choice **Today I choose the Way of Loving Intimacy.**

I choose to follow the way of Intimacy, relishing the arms of God's love.

I reject the way of alienation, of being severed from God, led by a bad spirit.

I turn and walk in the contrary direction, from separation to intimacy to deep peace.

3. Intimacy **I live in the Intimate Trinity**

I imagine I am in a circle surrounded by the Intimate Trinity, Father, Jesus and Spirit.
Each address me by name, saying, 'I want you to be in us, in our deepest love.'

I rest for a moment, on the cheeks of God. I am lifted up, healed, fed and loved.

I conclude giving thanks for the Spirit of Intimacy.

¹⁴ Hosea 11:3-4