

Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured.

So we can say with confidence, "The Lord is my helper; I will not be afraid. What can anyone do to me?"⁷²

1. Desire **I ask the Spirit for Freedom.**

I hold a leaf or bud of new growth from a plant or tree, symbol of comfort and hope for those recovering from torture. While aware of the need for special rehabilitation, here I just seek to awaken a tender heart to live again, to clean the scars, lessen the fears, encourage hope. For this, I open myself to the Spirit of Comfort and Tenderness.

I ask the Spirit for deep, enduring, comfort, for healing of mind and body.

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

I imagine I am surrounded in a circle by the Comforting Trinity. Father, Jesus and Spirit, address me by name, saying, 'Let me comfort and heal you. I will never you alone.'

Having seen or suffered the cruelty, trauma or terrorism of torture, its deprivation, assault and helplessness, I desire some comfort, or to comfort one tortured. I cannot imagine how a tender, bruised heart might begin to love and trust again. So I sit humbly, for a while, with my desire in the mystery of the Comforting Healing Trinity.

I relish being comforted.

3. Comfort **I breathe the Spirit of Healing Comfort.**

I imagine and feel the Spirit of Comfort breathing love and encouragement into me.

I breathe it in deep, wait, then breathe it out to flow through my need, or the needs of survivors of torture. I repeat as desired – breathing, comforted, hopeful.

I conclude giving thanks, looking forward to taking the next step of hope and renewal.

PRAYER TIME: 10 minutes

⁷² Heb 13:1-4,6