

There was a woman who had been suffering from haemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind Jesus and touched the fringe of his clothes, and immediately her haemorrhage stopped. Then Jesus asked, "Who touched me?" When the woman saw that she could not remain hidden, she came trembling; and falling down before him, she declared in the presence of all the people why she had touched him, and how she had been immediately healed. He said to her, "Daughter, your faith has made you well; go in peace."¹⁸

I believe that I shall see the goodness of the Lord in the land of the living. Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!¹⁹

1. Immersion I immerse myself in Spiritual Courage.

I hold an object that symbolises the gift of courage for me.

Alternatively, I find a photo of someone who has really given me courage when I needed it and spend a few minutes recalling that event to immerse myself in the feelings of such courage. With symbol or friend, I consider how I may give similar courage, and how important it will be needed in these fearful times.

2. Desire I desire the gift of God's Courage.

I consider three things, taking a few minutes exploring each. I ask myself:

Where is spiritual courage present in my life? ...

Where is spiritual courage absent in my life? ...

What is the contrary or opposite of spiritual courage for me? ...

I ask the Spirit of Courage to give me the gift of courage, especially when I begin to lose heart in the face of huge lifestyle changes, loss of certainty and critical health care.

3. Choice Today I choose the Way of Courage.

I read the prayer text. I choose, in three thoughtful steps, the direction I wish to take:

I choose to follow the way of courage, led by the good spirit, toward God's love...

I reject the way of fear and timidity, of being harassed by a bad spirit...

I turn and walk in the contrary direction, from fear, to courage, to peace...

4. Courage I rest in the Encouraging Trinity.

I imagine I am encircled surrounded by the Encouraging Trinity, Father, Jesus and Spirit. Each address me by name, saying, 'Be strong, take courage, I am with you'.

So I rest, for a while, and reflectively throughout the whole day, in the Trinity's en-couragement. I feel braver...

I conclude in thanks, considering two things. First, if possible, can I get in touch with the one who made encouraged me, to reconnect. Second, to decide who I might pass this exercise on to, and how. Who urgently needs God's Courage now?

PRAYER TIME: Twenty minutes. Five minutes each for the four steps.

The three dots ... indicate the places to pause.

If you are specially moved at any of the steps, remain there for the rest of the prayer.

¹⁸ Lk 8:42-48

¹⁹ Psalm 27