

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind.

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus.¹⁰

1. Desire **I ask the Spirit for Spiritual Consolation**

I find and hold an object that symbolises for me the gift of consolation.

I consider, 'Where is spiritual consolation present in my life?',

'Where is spiritual consolation absent in my life'?

'What is the contrary or opposite of spiritual consolation for me?'

I ask the Spirit for the gift of Consolation, for greater hope, love and faith.

2. Choice **Today I choose the Way of Consolation.**

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

I reject my desolation, being led into darkness, disturbed by a bad spirit.

I turn and walk in the contrary direction, from desolate, to consoled, to deep peace.

3. Consoled **I live in the Consoling Trinity**

I imagine I am in a circle surrounded by the Consoling Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'I will console you in affliction, raise you up in joy.'

I rest for a moment in uplifting joy of the Trinity. I feel encouraged and tenderly loved.

I conclude giving thanks for the Spirit of Consolation.

PRAYER TIME: 10 minutes.

¹⁰ Phil 2:1-4