

I love you, O Lord, my strength. The Lord is my rock, my fortress, and my deliverer, my God, my rock in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

The cords of death encompassed me; the torrents of hell assailed me; the cords of the house of the dead entangled me; the snares of death confronted me. In my distress I called upon the Lord; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears. He reached down from on high, he took me; he drew me out of mighty waters. He brought me out into a broad place; he delivered me, because he delighted in me.⁷

1. Desire **I ask the Spirit for the Strength of God**

I find and hold an object that symbolises the strength that God gives me.

I consider, 'Where is the spiritual strength of God present in my life?'

'Where is the spiritual strength of God absent in my life?'

'What is the contrary or opposite of strength for me?'

I ask for the gift of God's strength to go forward doing good.

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

I choose the strengthening way, led by the good spirit, toward God's love and delight.

I reject the disheartening way, the voices of discouragement, led by a bad spirit.

I turn and walk in the contrary direction, from demoralized, to strong, to peaceful.

5. Strength **I live in the Strengthening Trinity**

I imagine I am surrounded by the Strengthening Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'Welcome to the stronghold of my heart. Be steadfast.'

I rest for a moment, in their gentle strength, protection and delight. I feel stronger.

I conclude giving thanks for the Spirit of Strength.

PRAYER TIME: 10 minutes.

⁷ Pss 18:1-2,6,16-17,19