

Listen, children, to a father's instruction, and be attentive, that you may gain insight; When I was a son with my father, tender, and my mother's favourite, he taught me, and said to me, "Get wisdom; get insight: do not forget, nor turn away from the words of my mouth. Do not forsake her, and she will keep you; love her, and she will guard you.

The beginning of wisdom is this: Get wisdom, and whatever else you get, get insight. Prize her highly, and she will exalt you; she will honour you if you embrace her. Keep hold of instruction; do not let go; guard her, for she is your life.<sup>19</sup>

### **1. Desire**      **I ask the Spirit for Inspiration**

I find and hold an object that symbolises inspiration and insight from God.

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

'Where is inspiration absent in my spiritual life?'

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

I ask for the Spirit of God's inspiration to do greater things in times of change.

### **2. Choice**      **Today I chose the Way of Inspiration**

I choose the inspiring way, led by the good spirit, toward God's love.

I reject the dull way, the empty voices of dejection, led by a bad spirit.

I turn and walk in the contrary direction, from dejected, to inspired, to peaceful.

### **3. Inspired**      **I live in the Inspiring Trinity**

I imagine I am surrounded by the Inspiring Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'Open your mind and imagination, I will enlighten you.'

I rest for a moment, in this audacious inspiration. I feel inspired and energized.

I conclude giving thanks for the Spirit of Inspiration in uncertain times.

PRAYER TIME: 10 minutes.

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<sup>19</sup> Prov 4:1-8,13