

The hand of the Lord set me down in the middle of a valley; it was full of bones. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

Then he said to me, prophesy, and say, I the Lord God, am going to open your graves, and bring you up from your graves, O my people.<sup>18</sup>

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

I find and hold in each hand a stone and a living thing. I consider how God changes my stony heart into a heart of flesh, and how a new spirit, God's Spirit, finds a home in me. I remove the veil on my desires for transformation, from this to that, with a new freedom.

I ask the Spirit for help to be utterly transformed.

### **2. Relish**     **Today I live in the Transforming Trinity.**

I imagine I am surrounded by the Transforming Trinity. Father, Jesus and Spirit, address me by name, saying, 'A new heart I will give you, and a new spirit I will put within you?'

Even in a place or time where my past life has been destroyed or locked into poverty or injustice, I dare, with the help of the Spirit to seek transformation in my life. I ponder, for a while, my hoped for change in the mystery of the Transforming Trinity.

I relish being transformed.

### **5. Transform**     **I breathe in the Spirit of Transformation.**

I imagine the Spirit of Transformation breathing freedom and hope, imagination and courage into me. I breathe them in deep, pause, then breathe them out into my life. I breathe them into all those desiring to make a new start in life after, or amid, great destruction, persecution, survival. I repeat as desired – breathing, freeing, transforming.

I conclude, with thanks, ready to take a first small step in my transformation.

PRAYER TIME: 10 minutes.

---

<sup>18</sup> Ezek 37:1-13