

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, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Therefore God highly exalted him.³⁸

1. Desire **I ask the Spirit for Equality.**

I hold three different flowers – each beautiful, each a flower, each equal. I consider how we are born equal in dignity and rights, *'without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.'*³⁹ To pray this, I open myself to the Spirit of Equality.

I ask the Spirit for Equality in rights and dignity.

2. Relish **Today I live in the Equal Trinity.**

I imagine I am surrounded in a circle by the Creative Loving Trinity. Father, Jesus and Spirit, address me by name, saying, 'I created you equal to all, and I delight in you.'

Suffering discrimination, without equality in rights and dignity, or seeing this so clear for the powerless and vulnerable, I cannot imagine ever being free of discrimination. So I sit humbly, for a while, with my desire in the mystery of the Creative Loving Trinity.

I relish being equal to everyone in rights and dignity.

3. Equal **I breathe the Spirit of Equality.**

I imagine and feel the Spirit of Equality breathing each human right into me, in turn, equality in race, colour, sex, language, religion, national or social origin. I breathe each right in deep, wait, then breathe it out to flow through the discrimination I experience, or the similar needs of the vulnerable. I repeat as desired – breathing, equal, renewed.

I conclude, giving thanks, feeling my full dignity as a person created in love.

PRAYER TIME: 10 minutes.

³⁸ Phil 2:3-9

³⁹ Universal Declaration of Rights: 1,2