

It shall be said, "Build up, build up, prepare the way, remove every obstruction from my people's way." For thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite.

I have seen their ways, but I will heal them; I will lead them and repay them with comfort. Peace, peace, to the far and the near, says the Lord; and I will heal them.¹¹

1. Desire **I ask the Spirit to Remove Obstacles**

I find and hold an object that symbolises for me the easing, or taking away of obstacles, so that I can move forward in spiritual progress, in doing good.

I consider, 'What voices eradicate illusory obstacles to my good action'?

'What voices place spurious obstacles in my progress'?

'What is the contrary of a disquiet built on false reasons'?

I ask the Spirit for the gift that removes obstacles, clears the mind, and eases my way.

2. Choice **Today I choose the Open Way**

I choose the open way, led by the good spirit who removes all blockages to God's love.

I reject the obstacles, imagined or perceived, placed in my path by a bad spirit.

I turn and walk in the contrary direction, from dismay, to smiling heart, to peace.

3. Progress **I live in the Freeing Trinity**

I imagine I am surrounded by the Freeing Trinity. Father, Jesus and Spirit. Each addresses me by name, saying, 'Nothing will separate you from my love.'

I rest for a bit, in the dispelling of my fears and false reasoning, by the Trinity. I feel at peace and free of deceptions of the bad spirit my way is easy.

I conclude giving thanks for the Spirit who removes obstacles in my spiritual progress.

PRAYER TIME: 10 minutes.

¹¹ Is 57:14-19