

# OPENING THE HEART

## Surgery

Set me as a seal upon your heart, as a seal upon your arm; for love is strong as death, passion fierce as the grave. Its flashes are flashes of fire, a raging flame.

I will seek him whom my soul loves. I sought him, but found him not. The sentinels found me, as they went about in the city. "Have you seen him whom my soul loves?" Scarcely had I passed them, when I found him whom my soul loves. I held him, and would not let him go.<sup>35</sup>

### 1. Desire **I ask the Spirit for Inflamed Love.**

I find and hold an object that symbolises burning love of God for me.

I consider, 'Where is the love of God flaring in my life?'

'Where is the inflamed love of God absent in my life?'

'What is the contrary or reverse of inflamed love for me?'

I ask the Spirit for the blazing love of my Creator and Lord, an intense love that sweeps all else away, so that I may love only what the Lord desires for me.

### 2. Choice **Today I choose the Way of Fire.**

I choose the fire and passion of my love for God, led by the good spirit.

I reject the way of a dark, joyless separation from God, led by a bad spirit.

I turn and walk in the contrary direction, from gloom to fiery love to peace.

### 3. Fire **I live in the Fiery Trinity.**

I imagine I am in a circle surrounded by the Trinity of Loving Fire, Father, Jesus and Spirit. Each address me by name, saying, 'The fire of the Spirit dances on your head.'

I rest for a moment, in the Pentecost of God's love. I feel my heart catch alight.

I conclude giving thanks for the Spirit of Loving Fire.

PRAYER TIME: 10 minutes.

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<sup>35</sup> Song of Songs 3:2-4; 8:6-7