

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and protection. You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday.

Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honour them. With long life I will satisfy them, and show them my salvation.³⁷

1. Desire **I ask the Spirit for the gift of Protection.**

I take a nut, considering how its hard shell protects the nut as it grows, waiting for the time when the nut is ready for freedom and seeding new life.

I ask the Spirit for protection from that which threatens me now.

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

I imagine I am surrounded in a circle by the Trinity. Each person addresses me by name, saying, 'I will protect you. Nothing will separate you from my love.'

Without knowing how I will be protected, I sit humbly, waiting in the mystery of the Protective Trinity and my desire.

I relish feeling safe.

3. Safety **I breathe in Loving Protection.**

Then I imagine and feel the Spirit breathing the gift of loving Protection into me.

I breathe it in deep, wait, then breathe it out to flow through my particular need for protection. I repeat as desired – breathing, protected, renewed.

I conclude giving thanks, nut in hand, feeling more loved and protected.

PRAYER TIME: 10 minutes.

³⁷ Psalm 91:1-6,14-16