

# REPAIRING CLARITY

## Surgery

The way of the wicked is like deep darkness; they do not know what they stumble over. My child, be attentive to my words; incline your ear to my sayings. Do not let them escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.

Keep your heart with all vigilance, for from it flow the springs of life. Let your eyes look directly forward, and your gaze be straight before you. Keep straight the path of your feet, and all your ways will be sure. Do not swerve to the right or to the left; turn your foot away from evil.<sup>34</sup>

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

I find and hold an object that symbolises the gift of spiritual clarity for me.

I consider, 'Where is clarity present in my life?'

'Where is clarity absent in my life?'

'What is the contrary of clarity to me?'

I ask the Spirit for the gift of spiritual Clarity.

### 2. Choice **Today I choose Way of Spiritual Clarity.**

I choose to follow the clear, focussed way, of the good spirit, toward God's love.

I reject the obscure way, of being confused by a bad spirit.

I turn and walk in the contrary direction, from confusion to clarity, to peace.

### 3. Clarity **I live in the Trinity of Clarity**

I imagine I am in a circle surrounded by the Trinity of Clarity, Father, Jesus and Spirit. Each addresses me by name, saying, 'Discern the clearest way forward, I will help you.'

I rest for a moment in clarity of the Trinity. I feel clear minded and spiritually focussed.

I conclude giving thanks for the Spirit of Clarity.

PRAYER TIME: 10 minutes.

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<sup>34</sup> Prov 4:19-27