

Encourage one another and build up each other, as indeed you are doing. We appeal to you, brothers and sisters, to respect those who labour among you, esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, beloved, to admonish the idlers, encourage the faint hearted, help the weak, be patient with all of them.

See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.<sup>50</sup>

### **1. Desire**      **I desire the gift of Respect.**

I take my shoes off, placing them front of me, a sign of my respect for the sacred ground of this prayer. As I do this, I enter the presence of the Spirit of Respect.

Alternatively, I find a photo of someone who has really respected me, faults and all, and spend time recalling that event to immerse myself in the feeling of disrespect ... With either symbol or friend, I consider how important this is in these belittling times.

I ask the Spirit for the gift of respect, to feel respected and to respect others, especially when my resources are stretched, challenges great, and I begin to put myself down.

### **2. Rest**      **Today I rest in the Respectful Trinity.**

I read the prayer text. Now I imagine I am encircled by the Respectful Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'You are precious, I honour you.'

Without knowing how to give and receive in the chaos of an health epidemic, I rest humbly now, and reflectively throughout the whole day, in the Respectful Trinity.

### **3. Respect**      **I breathe in the Spirit of Respect.**

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

I breathe it in deep, then breathe it out into my bruised but loving heart, into health and emergency workers, and into places of care and refuge.

I repeat as desired – breathing, respected, renewed.

I conclude in thanks, considering two things. First, if possible, can I get in touch with the one who respected me so deeply, to reconnect. Second, to decide who I might pass this exercise on to, and how. Urgently, who needs healing respect now?

**PRAYER TIME:** Fifteen minutes. Five minutes each for the three steps.

The three dots ... indicate the places to pause.

If you are specially moved at any of the steps, remain there for the rest of the prayer.

---

<sup>50</sup> 1 Thess 5:11-22