

A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh.

I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.⁵⁶

1. Desire **I ask the Spirit for the gift of a New Self.**

A seedling is a seed with first growth. An egg holds the promise of new life, yet to hatch, a mystery to look forward to. It is also an ancient symbol of resurrection. I consider what has helped me to grow spiritually.

I ask the Spirit for the gift of a new self.

2. Relish **Today I live in the Trinity of New Things.**

I imagine I am surrounded in a circle by the Trinity of New Things, Father, Jesus and Spirit. Each person addresses me by name, saying, 'Do not consider the things of old. I am about to do a new thing; now it springs forth, do you not see it?'

I believe God can bring new life from dead, dark, wounded places, even from life journeys marked by loss of life and abandoned hope, but could this happen for me? I sit humbly, for a while, with my desire and the mystery of the Trinity of New Things.

I relish spiritual newness in my life.

3. New **I breathe in a New Spirit.**

I imagine the Spirit breathing new life, a new spirit into me.

I breathe it in deep, wait, then breathe it out into my present circumstances, and into those who are lost in old things, dead plans, stagnation and despair.

I repeat as desired – breathing, renewing, growing.

I conclude in thanks, moving forward, united with Christ, a new self with a new heart.

PRAYER TIME: 10 minutes.

⁵⁶ Ezek 36:26-28