

As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery. For in Christ Jesus neither circumcision nor uncircumcision counts for anything; the only thing that counts is faith working through love.⁶

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. It is for this that you were called—that you might inherit a blessing.⁷

1. Desire **I desire to be more Inclusive.**

I hold three leather cords, ribbons or pieces of string. I weave them into one cord, in a triple plait, considering as I do so that including an extra cord into the original two makes them all so much stronger and more beautiful, and a symbol of inclusivity.

Alternatively, I find a photo of someone who really included me when I felt like an outsider. I spend a few minutes recalling that event to immerse myself in the feeling of being included... With either symbol or friend, I consider how I may be more inclusive, and how crucial something so human and just is, in these divisive times.

I ask the Spirit of Inclusion for the gift of being inclusive especially to those who are unnoticed or forgotten, living on the edges, excluded from urgent health care.

2. Rest **Today I rest in the Inclusive Trinity.**

I read the prayer texts. Then, I imagine I am circled by the Inclusive Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, 'You are set free for freedom, let your faith work through love.'

To feel and understand the gift of Inclusion better, I rest now, and reflectively throughout the whole day, in the Inclusive Trinity ...

3. Included **I breathe in the Spirit of Inclusion**

I imagine and feel the Spirit of Inclusion breathing freedom and inclusive love into me.

I breathe it in deep, wait, then breathe it out into my choices, and into those waiting right now to be included, especially when immediate healing action is needed.

I repeat as desired – breathing, including, quickly helping...

I conclude in thanks, considering two things. First, if possible, can I get in touch with the one who made me feel so included, to reconnect. Second, to decide who I might pass this exercise on to, and how. Who urgently needs to be inclusive 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.

⁶ Gal 3:27-28; 5:1,6

⁷ 1 Pet 3:8-9