

Emergency Strength

A First Spiritual Exercises Fold-Up



Jesuit
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*“God is our refuge and strength,
an ever-present help in trouble.”*

Psalm 46:1

*“I love you, O Lord, my strength. The Lord is my rock,
my fortress, and my deliverer, my God, my rock in
whom I take refuge, my shield, and the horn
of my salvation, my stronghold.”*

Psalm 18:2

1. Desire

I ask the Spirit for the gift of Laughter.

I ask the Spirit for the Strength of God

I find and hold an object that symbolises the strength that God gives me.

I consider, *'Where is the spiritual strength of God present in my life?'*

'Where is the spiritual strength of God absent in my life?'

'What is the contrary or opposite of strength for me?'

I ask for the gift of God's strength to go forward doing good.

2. Choice

Today I choose the Way of Strength

I choose the strengthening way, led by the good spirit, toward God's love and delight.

I reject the disheartening way, the voices of discouragement, led by a bad spirit.

I turn and walk in the contrary direction, from demoralized, to strong, to peaceful.

3. Strength

I live in the Strengthening Trinity

I imagine I am surrounded by the Strengthening Trinity, Father, Jesus and Spirit. Each addresses me by name, saying, *'Welcome to the stronghold of my heart. Be steadfast.'*

I rest for a moment, in their gentle strength, protection and delight. I feel stronger.

I conclude giving thanks for the Spirit of Strength.