



INSPIRING ENERGY



Pain Management Department – FSE Field Hospital

### 1. Touch **I touch the Spirit of Inspiration.**

I find and hold an object that symbolises for me inspiration from God.

I remember a small story of inspiration from God, or another, at a time when circumstances had me burnt out. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Inspiration ... I begin to see how inspiration gives energy in barren times.

### 2. Desire **I desire the gift of Inspiration**

I consider three things, taking a few minutes exploring each. I ask myself:

Taking a minute, I ask myself, 'Where is inspiration present in my spiritual life?'

Taking a minute, I ask myself, 'Where is inspiration absent in my spiritual life?'

Taking a minute, I ask myself, 'What is the contrary or opposite of inspiration for me?'

I ask the Spirit for the energy of powerful inspiration to do good these days.

### 3. Choose **Today, I choose the Way of Inspiration.**

I slowly and prayerfully read the prayer text below:

*It is Christ within you we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.*

*For this I toil and struggle with all the energy that he powerfully inspires within me. Col 1:25-29*

I choose, in three thoughtful steps, the direction I wish to take:

I choose the inspiring way, led by the good spirit toward God's love.

I reject the dull way, the empty voices of dejection led by a bad spirit.

I turn and walk in the contrary direction, from dejected, to inspired, to energized.

### 4. Rest **I rest in the Inspiring Spirit.**

I imagine the Spirit of Inspiration addressing me by name, saying, 'Receive my wisdom and insight, for they will be your life.'

I rest for a moment, in the Spirit's wise and audacious inspiration ... I feel energized.

### 5. Reach Out **I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the person who inspired me? Secondly, to whom and how do I pass on this exercise -who urgently needs inspiring energy now?**

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

