



Chaplaincy Department – FSE Field Hospital



HEARTFELT FAITH

1. Touch **I touch the Heart of Faith.**

I hold a favourite object of religious devotion. I consider how precious my faith is to me, how good it is to express it, and how believers of all religions must feel the same.

I recall our rights: *Everyone has the right to freedom of thought, conscience and religion; to manifest his religion or belief in teaching, worship, practice.* Uni. Dec. Human Rights 13,14

I remember a small story of respect for faith, or inter-religious dialogue, and a person who enabled this freedom. 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 Faith ... I begin to see how faith can be both sustaining and liberating.

2. Desire **I desire the Freedom of my Faith.**

I slowly and prayerfully read the prayer text below:

I am grateful to God—whom I worship with a clear conscience, as my ancestors did, when I remember you constantly in my prayers night and day. I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you.

So I remind you to rekindle the gift of God that is within you through the laying on of my hands; for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. 2 Tim 1:3-7

I name all the things I love about my faith ...

I ask the Spirit for freedom of conscience and joy in my faith.

3. Breathe **I breathe in the Spirit of Faith.**

I imagine the Spirit addressing me by name, saying, 'Out of a believer's heart shall flow rivers of living water'.

I imagine and feel the Spirit breathe freedom of religion, thought and conscience into me. I breathe them in deeply, wait, then breathe them out into my judgements and my actions, into believers of every religion and spirituality.

I repeat as desired – breathing, freeing, faithful.

4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I reconnect with the person who enabled my freedom of faith? Secondly, to whom and how do I pass on this exercise – who urgently needs faith now?**

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

