



Coronary Care Department – FSE Field Hospital



HEART WITHOUT EGO

1. Touch I touch the Spirit of Lowliness.

I find the least valuable object in my home – the least important, useful, praised or respected thing. I hold it and imagine how it might become the most valued, needed, or praiseworthy thing in my home. I consider how such a change could be true of the lowliest person I know – even true of me.

I remember a small story of a person who taught me to have a lowly heart, at a time when I was unexpectedly lifted up in honour. 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 Lowliness ... I begin to understand how modesty and restraint can help us all in this time of diminished resources and employment opportunities.

2. Desire I desire a meek and rejoicing heart.

I slowly and prayerfully read the prayer text below:

When you are invited to a wedding banquet, do not sit down at the place of honour. But when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, 'Friend, move up higher'; then you will be honoured in the presence of all who sit at the table with you.

For all who exalt themselves will be humbled, and those who humble themselves will be exalted. Lk 14:8-11

I name all the honours, riches and praise I wish to be free of in my heart ...

I ask for a lowly Spirit, for the honesty, humility and joy of the lowly.

3. Breathe I breathe in the Spirit of the Least.

I imagine the Spirit addressing me by name, saying, 'Blessed are the meek, they shall inherit the earth'.

Then I imagine the Spirit breathing lowliness, modesty and restraint into me. I breathe it in deeply, wait, then breathe it out into my heart and all my relationships.

I repeat as desired – breathing, lowly, exalted ...

4. Reach Out I end in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who showed me the freedom and surprising joy of lowliness? Secondly, to whom and how do I pass on this exercise – who urgently needs a lowly heart now?

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

