



REVIVAL OF SPIRIT



Emergency Department – FSE Field Hospital

1. Touch **I touch the Heart of Spiritual Consolation.**

I find and hold an object that symbolises for me the gift of spiritual consolation – the interior joy, light and love that revives one in the face of desolation.

I remember a small story of receiving great consolation when I needed it. 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 Strength... I begin to understand how much this is needed in these desolating times.

2. Desire **I desire the gift of Consolation.**

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

Where is spiritual consolation present in my life? ...

Where is spiritual consolation absent in my life? ...

What is the contrary or opposite of spiritual consolation for me? ...

I ask the Spirit for the gift of Spiritual Consolation, of greater hope, love and faith, when I feel, agitated, sad, trapped in darkness, in need of urgent revival.

3. Choose **Today I choose the Way of Consolation.**

I slowly and prayerfully read the prayer text below:

If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, make my joy complete: be of the same mind, having the same love, being in full accord and of one mind.

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus. Phil 2:1-4

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

I choose to follow the way of consolation, led by the good spirit, toward love.

I reject my desolation, being led into darkness, disturbed by the bad spirit.

I turn and walk in the contrary direction, from desolate, to consoled, to deep peace.

4. Rest **I rest in the Consoling Spirit.**

I imagine the Spirit addresses me, saying, 'I will console you in affliction.'

I feel myself coming back to life with compassion, sympathy and love growing in my mind and heart. I feel revived ...

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

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

