AWAKENING HOPE

Critical Care Department – FSE Field Hospital

1. Touch   **I touch the heart of Hope.**

I blindfold myself. Unafraid, I feel the dark. I sense how I would need to trust the hand of a helper to make my way forward in this darkness. Symbolically, I wait in the dark in this prayer, as one full of hope, ready for the help and hand of the Hopeful Spirit.

I remember a small story of someone who gave me hope in dark times. 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 Hope … I begin to understand how important hope might be in these these despondent times.

2. Desire   **I desire Hope.**

I slowly and prayerfully read the prayer text below:

Those who fear the Lord will not be timid, or play the coward, for he is their hope.

The eyes of the Lord are on those who love him, a mighty shield and strong support, a shelter from scorching wind and a shade from noonday sun, a guard against stumbling and a help against falling. He lifts up the soul and makes the eyes sparkle; he gives health and life and blessing. Sir 34:16-20

I name all the relationships and situations where I desire hope …

I ask the Hopeful Spirit for a patient and sure hope when I most need it – even in the dark, frightening, seemingly hopeless situations, when I feel overwhelmed. May the Spirit bring back the sparkle in my eyes.

3. Hope   **I breathe in the Spirit of Hope.**

Then I imagine and feel the Spirit breathing the gift of Hope into me.

I breathe it in deeply, wait, then breathe it out to renew my relationships, and into those times when my hope is whittled away by loss and seemingly endless disappointment.

I repeat as desired – breathing, hopeful, renewed …

4. Reach Out   I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who made me feel so hopeful? Secondly, to whom and how do I pass on this exercise - who urgently needs hope now?

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