EMPOWERING WINGS

Transfusion Department – FSE Field Hospital

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

I hold a feather, light, strong and beautiful. I consider how being empowered lifts me up on wings of strength and self-determination, how it infuses me with the Spirit of Power and Love …

I remember a small story of being empowered when I was down and powerless. 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 Power … I begin to understand how being empowered can free me in these crippling times.

2. Desire   **I desire to be empowered.**

I slowly and prayerfully read the prayer text below:

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless.

Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint. Psalm 40

I name all the people I want to empower, including myself …

I ask the Spirit for the Power of choice and self-determination, for wings to lift me up.

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

I imagine and feel the Spirit of Power breathing strength, resilience and the fullness of God's love into me.

I breathe it in deeply, wait, then breathe it out to flow through my need, and the need of all those who desire greater power and self-determination.

I repeat as desired – breathing, empowered, lifted up …

4. Reach Out   I end in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who empowered me? Secondly, to whom and how do I pass on this exercise – who urgently needs empowerment now?

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