



POWER OF GENTLENESS



First Aid Department – FSE Field Hospital

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

I take a flower petal and carefully examine it – the colour, fragility and wonder of it. Caressing it, I imagine it could be the wing of a butterfly or the cheek of a baby. Gently stroking the petal, I feel the Spirit of Gentleness quietly joining me.

I remember a small story of someone who was very gentle with me when I was full of anger, fear or grief. If praying alone I hold that memory, if I am praying in a group, I share it with them, feeling touched by the Spirit of Gentleness ... I begin to realize how gentleness and peace can be blessings in heart-stretched times.

2. Desire **I desire the Gift of Gentleness.**

I slowly and prayerfully read the prayer text below:

Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Phil 4:5-9

I name all the relationships and situation where I desire gentleness ...

I ask the Spirit for the gift of Gentleness, for a guarding peace in my heart and mind.

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

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

I breathe it in deeply, wait, then breathe it out to be gentle with my own needs, and out into all those needing a gentle touch in their upset lives.

I repeat as desired – breathing, gently soothing, quickly gracious ...

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

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

