



WATER IN THE DESERT



Outpatients Department – FSE Field Hospital

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

I fill a cup halfway with water. I consider two thirsts. First, I put my finger in the water and taste it. It is clean. Unpolluted water is needed for sanitation and health, to grow food, cook and wash. I imagine living without any of these. Second, I consider those who thirst in their souls, who wander a spiritual desert.

I remember a small story of real thirst and water, and the person who gave me the drink I needed. 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 Water ... I begin to see that in these days, both tongues and hearts are parched with thirst.

2. Desire **I desire Water for Body and Spirit.**

I slowly and prayerfully read the prayer text below:

When the poor and needy seek water, and there is none, and their tongue is parched with thirst, I the Lord will answer them, I the God of Israel will not forsake them. I will open rivers on the bare heights, and fountains in the midst of the valleys. I will make the wilderness a pool of water, and the dry land springs of water.

I am about to do a new thing; now it springs forth, do you not perceive it? Is 41:17-19

I name all the things I thirst for ...

I ask the Spirit for the drink that gives Life.

3. Breathe **I breathe in the Spirit of Flowing Water.**

I imagine the Spirit addressing me by name, saying, 'Come to me all you who thirst. Receive the water of life as a gift.'

I imagine and feel the gift of water flowing into me on the breath of the Spirit. I breathe it in deeply, wait, then breathe it out through my thirst and through all those who wander the deserts of the spirit, seeking the river of Life.

I repeat as desired – breathing, drinking, satisfied ...

4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I reconnect with the person who slaked my thirst? Secondly, to whom and how do I pass on this exercise – who urgently needs the water of life now?**

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

