



REVEALING FAITH

My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing. If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. (James 1:2-5)

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. (James 5:7-8)

1. Touch

I touch the Spirit of Enduring Faith.

I find and hold an object that symbolises enduring faith for me.

I remember a small story of a person helping me to endure with faith 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 enduring Faith... I begin to understand how important enduring faith is to me in these testing times.

2. Desire

I desire the gift of Mature Faith.

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

Where has my faith endured in my life? ...

Where has my faith been tossed about in the winds of my life? ... What causes me to doubt my faith? ...

I ask the Spirit for a joyful, enduring, mature faith, lacking nothing.

3. Choice

Today I choose the Way of Lasting Faith.

I slowly and prayerfully read the prayer texts above. I choose, in three thoughtful steps, the direction I wish to take:

I choose the faithful way, led by enduring faith and the good spirit toward God's love. I reject the doubting way, double-minded and unstable, amplified by a bad spirit.

I walk towards the generous God, from belief, to enduring faith, to serenity in God.

4. Faithful

I live in the Spirit of Enduring Faith

I imagine that the Spirit of Mature Faith addresses me by name, saying, 'In your endurance of faith you will be made complete, lacking in nothing.'

I rest in the ungrudging generosity of the Spirit of Rains. I feel my faith deepen ...

I conclude in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who gave me greater faith? Secondly, to whom and how do I pass on this exercise - who urgently needs enduring faith now?

PRAYER TIME: Go gently, using the generous time you have put aside for this prayer.

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

If you are specially moved at any of the steps, remain there for the rest of the prayer.