

I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure.

He put a new song in my mouth, a song of praise to our God. Many will see and be awed, and put their trust in the Lord.⁴¹

1. Desire I ask the Spirit for the gift of Patience.

I take a cup of sand and consider how long it took the millions of tiny shells in it to become so fine and beautiful. I slowly pour the sand from cup to hand, to and fro, imaging the flow of time, feeling the flow of the Spirit of Patience.

I ask the Spirit for patience and trust when I most need it – especially when I feel driven to act in frustration, suffering or helplessness.

2. Relish Today I live in the Patient Trinity.

Now I imagine I am circled in a circle by the Patient Trinity, Father, Jesus and Spirit. Each person addresses me by name, saying, “Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven’.

Without knowing how patience can change my difficult situation, or to be joyful in chaos and want, I sit humbly awhile in the mystery of the Patient Trinity and my desire.

I relish being patient.

3. Patient I breathe in the Spirit of Patience.

Then I imagine and feel the Spirit breathing the gift of Patience into my life.

I breathe it in deep, wait, then breathe it out to meet my particular need, and into those around me who are giving up hope, losing patience or worn down by exclusion .

I repeat as desired – breathing, patient, trusting.

I conclude with thanks, moving forward into daily life with greater patience.

PRAYER TIME: 10 minutes.

⁴¹ Psalm 40:1-3