

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the Lord, "My refuge and my fortress; my God, in whom I trust." For he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and protection. You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that wastes at noonday.

Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honour them. With long life I will satisfy them, and show them my salvation.¹⁴

1. Touch I touch the Heart of Protection.

I take a nut, symbol of production, considering how its hard shell protects the nut as it grows, waiting for the time when the nut is ready for freedom and seeding new life.

I remember a small story of being protected me when I needed it. . I share it with family at home, or them and friends by phone or online, listening to their stories, feeling touched by the Spirit of Protection... I begin to understand how important protection and isolation is from the stalking pestilence in these dangerous times.

2. Desire I desire the Gift of Protection.

I read the prayer text from ancient spiritual traditions.

I name everything I wish protection from, and those I wish to protect...

I ask the Spirit for protection from that which threatens life now, for her wings to cover and shelter me.

3. Protected I breathe in the Spirit of Protection.

Then I imagine and feel the Spirit breathing deliverance, rescue and refuge into me.

I breathe them in deep, wait, then breathe them out to flow through my need for protection from the destruction of illness and rapid changes following it.

I repeat as desired – breathing, protected, safe...

I conclude in thanks, considering two things. First, if possible, can I get in touch with the one who protected me so well, to reconnect. Second, to decide who I might pass this exercise on to, and how. Who needs urgent protection 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.

¹⁴ Psalm 91:1-6,14-16