

Encourage one another and build up each other, as indeed you are doing. We appeal to you, brothers and sisters, to respect those who labour among you, esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, beloved, to admonish the idlers, encourage the faint hearted, help the weak, be patient with all of them.

See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. Do not quench the Spirit.<sup>12</sup>

### **1. Desire**     **I ask the Spirit for the gift of Respect.**

I take my shoes off, placing them front of me, a sign of my respect for the sacred ground of this prayer. As I do this, I enter the presence of the Spirit of Respect.

I ask the Spirit for the gift of Respect, to be respected and to respect others, especially in the face of abuse, dishonour or violent disregard.

### **2. Relish**     **Today I live in the Respectful Trinity.**

Now I imagine I am surrounded in a circle by the Respectful Trinity. Each person addresses me by name, saying, 'You are my beloved and precious, I honour you.'

Without knowing how I feel respected, having been abused and disrespected in many ways, I sit humbly for a while in the mystery of the Respectful Trinity and my desire.

I relish feeling respected.

### **3. Respect**     **I breathe in the Spirit of Respect.**

Then I imagine and feel the Spirit breathing Respect into me.

I breathe it in deep, then breathe it out into my bruised heart and all those abused, forgotten or counted as nothing. I repeat as desired – breathing, respected, renewed.

I conclude giving thanks, moving into daily life, feeling a greater respect honour me.

PRAYER TIME: 10 minutes.

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<sup>12</sup> 1 Thess 5:11-22