

Save me, O God, for the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God. I have become a stranger to my kindred, an alien to my mother's children.

But as for me, my prayer is to you, O Lord. O God, in the abundance of your steadfast love, answer me. With your faithful help rescue me. I am lowly and in pain; let your salvation, O God, protect me.<sup>40</sup>

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

I take up a short piece of string, yarn, or cord, considering it a symbol of a lifeline. I hold one end, that is me, and the other end, that is the Spirit who keeps me safe.

I ask the Spirit for safety, for safe-keeping, for a life-line of help, that will never let me go – even in the most precarious or dangerous times.

### **2. Relish**      **Today I live the Safekeeping Trinity.**

Now I imagine I am surrounded in a circle by the Safekeeping Trinity. Each person addresses me by name saying, 'Rest in safety. I will protect you.'

Without knowing how I can be or will remain safe, or how the Spirit's lifeline will reach me, I rest for a while in the mystery of the Safekeeping Trinity and my desire.

I relish feeling safe.

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

Then I imagine and feel the Spirit breathing the gift of Safety into me.

I breathe it in deep, wait, then breathe it out to meet my need and increase the safety of those who need it. I repeat as desired – breathing, safe, renewed.

I conclude giving thanks, lifeline circling my wrist, hopeful for greater safety in my life.

PRAYER TIME: 10 minutes.

---

<sup>40</sup> Psalm 69