

It was God's purpose to reveal to his people how rich is the glory of this mystery among the gentiles; it is Christ among you, your hope of glory: this is the Christ we are proclaiming, admonishing and instructing everyone in all wisdom, to make everyone perfect in Christ.

And it is for this reason that I labour, striving with his energy which works in me mightily.³⁶

1. Desire **I ask the Spirit for Energy.**

I hold an object that symbolises spiritual energy for me.

I consider, 'Where is spiritual energy present in my life?'

'Where is spiritual energy absent in my life?'

'What is the contrary of spiritual energy for me?'

I ask the Spirit for the gift of spiritual energy.

2. Choice **Today I choose the Way of Spiritual Energy.**

I relish working with Christ's energy and power.

I reject the way of spiritual tepidity, total apathy, led by a bad spirit.

I turn and walk in the contrary direction, from sloth to energy to deep peace.

3. Energy **I live in the Energetic Trinity**

I imagine I am in a circle surrounded by the Energetic Trinity, Father, Jesus and Spirit. Each address me by name, saying, 'My energy will work mightily in you'.

I rest for a moment, in God's boundless energy. I feel empowered and fully alive.

I conclude giving thanks for the Spirit of Energy.

PRAYER TIME: 10 minutes.

³⁶ Col 1:27-29 [JB]