



Jesus said – I am come that everyone might have life, and have it more abundantly. John 10:10

What does it mean to you to be whole; to be living to the full? Half of the answer to that question might be about correcting or healing wrongs or weaknesses. The other half may be about developing strengths and positively aiming for a more meaningful, satisfying life.

Jesus prayed for people to be healed of physical, mental and spiritual illness and pointed positively towards ways of living a full and whole existence. As usual his teachings on prayer for wholeness are as challenging as they are encouraging.

I tell you to love your enemies and pray for anyone who mistreats you. Matt 5:44

Whenever you stand up to pray, you must forgive what others have done to you. Then your Father in heaven will forgive your sins. Mark 11:25

Won't God protect his chosen ones who pray to him day and night? Won't he be concerned for them? Luke 18:7

Jesus answered, "Only prayer can force out that kind of demon." Mark 9:29

If the people living there are peace-loving, your prayer for peace will bless them. But if they are not peace-loving, your prayer will return to you. Luke 10:6

What does wholeness mean to you? Write 10 ideas:

The Celtic Christian tradition uses this pattern called a Circling Prayer when praying for Gods protection. You can replace the dots with whatever is on your mind to pray for and you can repeat the pattern for different things: the world, a situation or a person.

Circle Lord. (You, someone else, a place ...)
 Keep within. (Peace, happiness, hope ...)
 Keep out. (Fear, evil, illness ...)
 Keep near. (Warmth, love, blessings ...)
 Keep far. (Injustice, brokenness, suffering ...)

Forgive your enemies. This 'REACH' idea can help when forgiving is difficult.

R stands for recall. Try to remember what happened without judgement, blame and emotion.

E is for empathise – try to see this from the others perspective. What might they say to explain? What's the bigger picture.

A is for altruistic. This is where you give the free gift of forgiveness – for their benefit and for yours. Think of a time when you were freed by another's forgiveness.

C is to commit yourself to making the forgiveness public and symbolic and write out what you have done.

H stands for hold. Your memories might not change immediately but don't dwell on them. Use the document you wrote to remind you what you did.

Pray for wholeness in your

HEAR + MIND
 BODY & SOUL

Pray for **peace** for one week, where you go, what you do.

W	+	W	+	F	S	S