



SCANNING WISDOM



Diagnostic Imaging Department – FSE Field Hospital

### 1. Touch **I touch the heart of Wisdom.**

I hold a road map, paper or digital, symbol of the wisdom 'to walk in the way of the good, and keep to the paths of the just'. Like tribal markings on a face, mapping identity and belief, so I map out the different faces of wisdom on my heart: insight, good judgement, clear thinking, foresight, self-knowledge and discernment.

I remember a small story of receiving spiritual wisdom when I needed it. If praying alone I hold that memory. If I am praying in a group, I share it with them, listening in turn to their stories, feeling touched by the Spirit of Wisdom... I begin to understand how important wisdom is in these times of complex choices and short-sighted leaders.

### 2. Desire **I desire to be a wise person.**

I slowly and prayerfully read the prayer text below:

*Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind.*

*But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace. James 3:13-18*

I name all the areas of my life, and the relationships, that I wish to fill with wisdom ...

I ask the Spirit for the gift of wisdom and discernment when my situation is inherently confused, muddled by hidden agendas, or riven by external conflict.

### 3. Breathe **I breathe in the Spirit of Wisdom.**

Then I imagine and feel the Spirit of Wisdom breathing insight, good judgement and self-knowledge into me.

I breathe it in deeply, wait, then breathe it out into my particular needs, and into the needs of those with authority, power, leadership or responsibility.

I repeat as desired – breathing, wise, peaceful ...

### 4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the person who guided me with wisdom? Secondly, to whom and how do I pass on this exercise – who urgently needs spiritual wisdom now?**

Note: The three dots ... indicate the places to pause.

