



FRUITFUL HEART



Coronary Care Department – FSE Field Hospital

1. Touch **I touch the Spirit of Fruitfulness.**

I hold several different kinds of fruit – symbol of a rich and fruitful heart. I consider how the gifts of spiritual understanding and wisdom make for a fruitful life and clearer choices in a time when life seems both fruitless and sour.

I remember a small story of a person who opened my heart to a spiritual understanding that has been fruitful throughout my life. 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 Fruitful Understanding ... I begin to see how an wise heart will bear great fruit for living through these lean times.

2. Desire **I desire a Gentle and Fruitful Heart**

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 wisdoms, fruits of the heart, I desire in my life now ...

I ask the Spirit for the gift of a merciful, upright, fruitful heart.

3. Breathe **I breathe in the Spirit of Fruitfulness.**

I imagine the Spirit addressing me by name, saying, 'Blessed are those who hunger and thirst for uprightness: they shall have their fill'.

Then I imagine the Spirit breathing understanding and wisdom into me, gifting me with gentleness, purity, mercy and peace. I breathe it in, wait, then breathe it out into my own need, and into those who are bereft of spiritual wisdom and fruitfulness.

I repeat as desired – breathing, understanding, fruitful ...

4. Reach Out **I end in thanks, considering two questions. Firstly, if possible, how might I make contact and reconnect with the one who gave me understanding and fruitfulness? Secondly, to whom and how do I pass on this exercise – who urgently needs a wise and fruitful heart now?**

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

