



# SHELTER FROM THE STORMS



Outpatients Department – FSE Field Hospital

### 1. Touch I touch the Heart of Shelter.

I take a large hat, one I would wear to shelter from the rain and the sun. I consider how shelter is a basic human right. I imagine all the kinds of shelters, from a sheltering home to shelter from natural disasters and disease, from wars and conflict to domestic violence. I consider how I would be without shelter in these situations.

I remember a small story of being without shelter and the one who gave me shelter and hope when I really 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 Shelter ... I begin to see how shelter is needed from the storms of a pandemic, and all the waves it crashes into communities, livelihoods, families and hearts.

### 2. Desire I desire Shelter from the Storms of Life.

I slowly and prayerfully read the prayer text below:

*The wicked drive away the donkey of the orphan; they take the widow's ox for a pledge. They thrust the needy off the road; the poor of the earth all hide themselves.*

*They lie all night naked, without clothing, and have no covering in the cold. They are wet with the rain of the mountains, and cling to the rock for want of shelter. Job 24:3-8*

I name all the things I need sheltering from ...

I ask the Spirit for the shelter, housing or protection I need.

### 3. Breathe I breathe the Spirit of Shelter.

I imagine the Spirit, addressing me by name, saying, 'I will shelter you in troubles and house you in peace.'

I imagine and feel the Spirit sheltering me, breathing the gift of Shelter into me. I breathe it in deeply, wait, then breathe it out through my need for a shelter, for a lighthouse in the storms, and also into those naked at night, without clothing, wet in the rain, for want of shelter.

I repeat as desired – breathing, sheltered, hopeful.

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

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

