



CHECKING SYMPTOMS



Triage Department – FSE Field Hospital

1. Touch **I touch the Heart of Healing.**

I trace a cross on my forehead and on the places of the symptoms of my illness. I own how frightening and alienating it is to be seriously ill, facing an uncertain future, urgent for the Spirit's healing and peace of mind.

I read the gospel story above of Thomas and Jesus after his death and resurrection. Jesus invites Thomas to touch his healed wounds. In a triage of heart and faith, Jesus touches the wounds in Thomas' heart and Thomas experiences healing and proclaiming faith. So, I take the place of Thomas, for a time, feeling my way into relationship with Jesus, checking symptoms, wound to wound, healing to healing ...

2. Desire **I desire the Gift of Healing and Peace of Mind.**

I slowly and prayerfully read the prayer text below:

The doors of the house were locked for fear of the Jews, Jesus came and stood among his disciples and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. But Thomas was not with them when Jesus came. So the other disciples told him, "We have seen the Lord." But he said to them, "Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe."

Later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, "Peace be with you." Then he said to Thomas, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe." Thomas answered him, "My Lord and my God!" Jesus said to him, "Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe. Jn 20:19-29

I name all the healing that I desire, and all those I wish to be healed ...

I ask the Spirit for healing, for peace of mind, to be touched and healed. My personal relationship with the Spirit will heal me on the long and bumpy road to health.

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

I imagine the Spirit of Healing breathing healing, trust and hope into me.

I breathe it in deeply, pause, then breathe it out into my own expectations and life.

I repeat as desired – breathing, healing, peace ...

4. Reach Out **I conclude in thanks, considering two questions. First, do I wish to invite Jesus to walk this journey with me, to reconnect? Secondly, to whom and how might I send this exercise – who urgently needs healing and peace of mind now?**

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

