

# HITTING THE HEADLINES:

FINDING A HEART FOR PEOPLE WHO TROUBLE YOU

## TODAY'S CHALLENGE

Today's challenge may be hard- to pray for someone whose attitude or actions you may find challenging.

If you're able to, you might like to search for a person found in a news story in a newspaper or magazine to focus on - probably someone you don't know. Alternatively, you might just imagine someone who you do know in your mind, or hold an impression of someone that you don't know but have read about (however you picture them, without needing to know what they may actually look like).

Share how felt to pray for a person you may find challenging in the Facebook group.

**Remember to offer encouragement / comment on Facebook posts added by others** (not necessarily for today's challenge).

*Clive x*

## PRAYER TO A NATURAL HOST AND TO THE GOD WHO IS ALL AROUND

The prayer that you use may be spontaneous, asking for some blessing for this person, and if you can, doing this with love. Ask for their coming into a place of wholeness and love.

The following is an example, but use whatever form of words seems right for the person and context that you pray for:

Today, I am thinking about [name].  
You are in my heart, and I offer you my best intention.  
May you be inspired and enlightened,  
May you find hope and a steady path.  
You are loved,  
Even if you feel alienated.  
May light shine within you,  
To show you where you should go, and what you should do.  
May your higher consciousness illuminate your path,  
And may you find love in your heart.  
Bless you.

Really try to mean these words as you think of them, focusing on the image that you may have found as you do.