

Keep hope within
Despair without.

Circle me O God
Keep peace within
Keep turmoil out.

Circle me O God
Keep calm within
Keep storms without.

Circle me O God
Keep strength within
Keep weakness out.

David Adam

You Lord are in this place
Your presence fills it, your presence is peace
You Lord are in my life
Your presence fills it, your presence is peace
You Lord are in the storm
Your presence fills it, your presence is peace.

David Adam

Gesture of protection eg. circle or sign of the cross

Can also be used with words:

The compassing of God,
the compassing of Christ,

i) Tell Christ what we fear until we really bodily
fear.

ii) Watch Christ react to what we fear.

*Healing comes to the degree we face the fear.
whole thing in Christ's hands. Share with Christ
then sit back and watch Christ enter the scene
most and absorb his reactions until they feel calm
and you can imagine yourself doing the same
Then, leaning on his love and strength, face with
fear.*