

A Reading from the Prophet Isaiah 43:1-7 (portions adapted)

Thus says the Lord who created you,
 who formed you.
Do not fear, for I have redeemed you;
 I have called you by name, you are mine.

When you pass through the waters, I will be with you;
 and through the rivers, they shall not overwhelm you;
When you walk through fire you shall not be burned,
 and the flame shall not consume you.

For I am the Lord your God,
 the Holy One, your Savior.
You are precious in my sight
 and honored, and I love you.

Do not fear, for I am with you.

1. Read the passage through softly and slowly, aloud to yourself. Imagine God's voice speaking to you. Be silent with what you heard for a few moments. Is there a word or phrase that seemed to reach out to you, touch you?
2. Read the passage again, aloud, with a stronger voice, as if God is speaking to you again. Be silent for a few moments. Consider what message you may be hearing for yourself. Hold it in your heart. Be aware of your feelings. Give thanks for this time.