

## *The Season of the Spirit*

*“Every time I feel the Spirit moving in my heart, I will pray”*



This wonderful old gospel chorus reminds us that God has gifted us for ministry and witness fed by active faith and our devotional life.

The season of Pentecost in our church year celebrates the gift of God’s Holy Spirit to the church and to believers.

So, let that Spirit move us to daily and frequent prayer.

A Jewish rabbi maintained that every day we should offer to God thanks for 100 things, people, or abilities that touch and enhance our lives. Consider taking up his encouragement to express gratitude to God during the next several months

- A. Use family meal time to name five things to each other for which you are personally thankful.
- B. Some time near day’s end name five to ten things, people, or events that have touched your life that day in a meaningful or helpful way.



*“Dance with the Spirit early in the mornin’.  
Walk with the Spirit throughout the long day.  
Work and hope for the new life a bornin’.  
Listen to the Spirit to show you the way.”*

*(In verse two substitute “move” or “sing” for “walk”)*

[words by Jim Strathdee, Desert Flower Music.  
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If you recall the tune, sing this song early in your day, or hum as you reflect on the words. Take fifteen minutes to a half hour after that for either:



### **Centring prayer:**

Take some deep breaths. Clear your mind. Repeat a short phrase in your head like “Come by here, O Lord”, or “Teach me, O God”, or “Open my eyes that I might see”. Remain still and listen for what the Spirit has to say to you for this particular day.

Or

### **Scripture reading and reflection:**

You might try working your way through the book of Psalms. Choose a whole psalm or just a few verses at a time. You need not take them in order. It doesn’t matter if you make repeated use of some of them. Pay attention to the words or phrases that catch your attention. Sit with them quietly and let them seep in. Wait. God’s Spirit will bring you some insight, some helpful direction or hope related to those words.