

Introductory sentence

*I will pour out my Spirit on everyone:
Your sons and daughters will proclaim my
message; Your old people will have dreams, and
your young people will see visions.
At that time I will pour out my Spirit even on
servants, both men and women.
Joel 2 v28-29*

Prayer

Father, today we give you thanks because in fulfilment of your promise you pour out your Spirit upon us, filling us with your gifts, leading us into all truth and uniting peoples of many tongues in the confession of one faith. Your Spirit gives us grace to call you Father, to proclaim your gospel to all nations and to serve you as a royal priesthood, so help us to praise you. Amen.

Hymn

Breathe on me, Breath of God
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.

Breathe on me, Breath of God,
Until my heart is pure;
Until with Thee I will one will,
To do and to endure.

E. Hatch

Reflection

Take a moment to breathe in and out slowly. Normally we do not think about our breathing. It is just something we do. However, if we stop doing it we die.

God's gift of His Spirit is His breath, life itself.

This is available to everyone, old and young, male and female, from all nations. That includes you.

At Pentecost Jesus's followers were scared and hiding together when suddenly an amazing thing happened. They heard a sound like a mighty rushing wind and saw flames of fire above each other's heads. Instead of becoming more scared they became emboldened and went outside preaching about Jesus and 3000 people were convinced by what they said!

(You can read more about this in Acts 2)

Try breathing in and out again.
As you breathe in think of God's Spirit coming to you.

As you breathe out let go of any fear you have.

Another hymn

Gracious Spirit, Holy Ghost,
Taught by thee, we covet most
Of thy gifts at Pentecost.
Holy, heavenly love.

Love is kind, and suffers long,
Love is meek and thinks no wrong,
Love than death itself more strong;
Therefore give us love.

Prophecy will fade away,
Melting in the light of day;
Love will ever with us stay;
Therefore give us love.

Faith will vanish into sight;
Hope be emptied in delight;
Love in heaven will shine more bright;
Therefore give us love.

Faith and hope and love we see
Joining hand in hand agree;
But the greatest of the three,
And the best is love.
Bishop C Wordsworth

More from the Bible

The Spirit produces love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. There is no law against such things as these. Those who belong to Jesus Christ have put to death their human nature with all its passions and desires. The Spirit has given us life; He must also control our lives. We must not be proud or irritate one another or be jealous of one another.

Galatians 5 v22-26

Prayer

O come, Holy Spirit, come!
Come as holy fire and burn in us,
Come as holy wind and cleanse us,
Come as holy light and lead us,
Come as holy truth and teach us,
Come as holy forgiveness and free us,
Come as holy love and enfold us,
Come as holy power and enable us,
Come as holy life and dwell in us.
Convict us, convert us,
Consecrate us, until we are wholly Thine
For Thy using, through Jesus Christ our Lord.
Amen

Blessing

May the blessing of God the Father Almighty, the Son and the Holy Spirit, be with you and those you love, both in this world and the next. Amen.



www.caraway.uk.com
caraway@caraway.uk.com



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