



Holy Spirit Prayer by Saint Augustine painting by Jen Norton



The Holy Spirit's **POWER**

And you will receive power when the Holy Spirit comes upon you. And you will be my witnesses in Jerusalem, Judea, Samaria, and to the ends of the earth.--Acts 1:8





Luke 11:9-13

Lectio Divina. Today we read a Scripture that uses, for the first time, "the name of the Lord" as the object of worship. Its a short portion of Scripture but well worth sitting with.

Lectio (Imagine): Read the Scripture (3x's). On the third reading highlight the word or phrase that sticks out to you.

Oratio (Feel): After your reading session, pray and express your feelings to God about the word or phrase that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.

Meditatio (Think): Do you have any questions for God? What questions do you have of yourself? I intentionally ask myself tough questions from what I read in order to uncover the truth of my heart. Did you experience any insight, knowledge, wisdom, vision, or sense of action to take? Write all of this down

Contemplatio (Be Still): Sit quietly for 5 minutes. Just being in God's presence. Don't try to think, feel, or will anything simply let yourself be in God's Presence. These words have brought you into the very presence of God.

The Holy Spirit is the Presence of God existing in time and space and when we connect with the Holy Spirit we sense we are children of God, (Romans 8:15), we sense our belovedness, feel compassion, peace, confidence, illumination, purity of heart, singleness of focus, comforted, defended, joyfully corrected, humbly emboldened, gratefully forgiven, courageously directed.

The Holy Spirit is an indispensable activity and experience in the life of all who want to mature, contribute, be whole, and be free.

Make a List of your weekly cares and anxieties.

Make a List of your weekly gratitudes.

Make of list of attributes of the Holy Spirit you want in your life



The Jesus Prayer

The Jesus Prayer is a prayer of silence. It's a way of bathing all your desires, distractions, gratitudes, and anxieties--frankly anything that comes into your mind in Jesus' name.

Set your timer for 10-minutes.

Breath in slowly and out slowly . . .

Now say the name of Jesus breaking it up with inhales and exhales . . . over and over and over . . . in love, in devotion, in loyalty, in gratitude . . .

As thoughts, feelings, and desires, come up simply whisper the name of Jesus over them, bathing them in the light of God's name.

You will do this throughout the duration of the practice . . .

When the timer goes off, say the Lord's Prayer.



Acts 2:17-21

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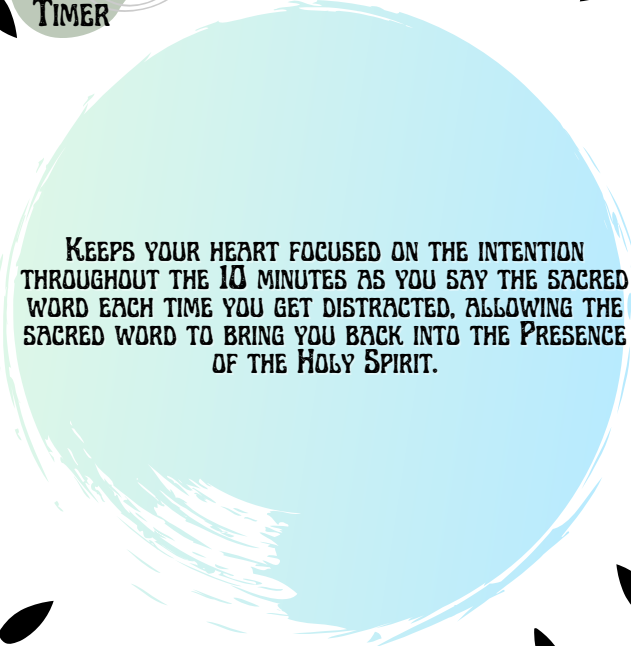
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"holy intention"

Write your intention for this time of Silence and Stillness



KEEPS YOUR HEART FOCUSED ON THE INTENTION THROUGHOUT THE 10 MINUTES AS YOU SAY THE SACRED WORD EACH TIME YOU GET DISTRACTED, ALLOWING THE SACRED WORD TO BRING YOU BACK INTO THE PRESENCE OF THE HOLY SPIRIT.

1. Select a Sacred Word (Jesus, Yahweh, etc.)
2. Set a sincere and holy intention (to be in God's presence, to be healed of anger, etc.)
3. Set your timer for 10 minutes. Take a few deep breaths. Imagine each inhale and exhale as a gift, a movement of the Holy Spirit. Connect these breathing movements with God's name and as thoughts, feelings, desires, past memories, regrets, fears, hopes, etc come up breathe the Sacred Word over each distraction or thought that takes you away from concentrating your whole (thoughts, emotions, strength) on your intention.



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Magic Vs. Miracles

Magic is the practice of using spells, incantations, and spiritual formulas to get what you want.

1. Works by the agency of fear, manipulation, and superstition.
2. MAGIC taps into the energies of matter and people
3. Magic is frequently motivated out of a need for control or power.
4. Magic is subject to the will of the person doing the magic.
5. Magic is an end in itself.
6. Magic has a money trail, one usually pays for its powers and services, or pays to learn how to do it (See Acts 8:9-22; 2 Peter 2:14-16).
7. Magic is self-centered in its purpose and assumes it knows what is best.
8. Magic draws on power from people's fears, superstitions, hate, bitterness and unforgiveness.
9. Curses.
10. channeling energies to manipulate outcomes

Miracles are the experience of supernatural realities that bring about what God wills.

1. Works by the agency of faith, truth, and love.
2. Miracles are empowered by the Holy Spirit, as seen in Jesus life.
3. Jesus' miracles were motivated out of compassion.
4. Miracles are subject to the will of God.
5. A miracle is a sign of a greater reality, always pointing to love, and to an experience of God's presence.
6. Miracles are free gifts of God, no money is involved, only compassion and grace. (See Acts 8:9-22; Luke 11:13)
7. Miracles are communally centered, seek a cosmic good and humbly submit to the wisdom of God.
8. Miracles draw on people's compassion, love, forgiveness, mercy, and grace. And have a higher moral aim
9. Blesses
10. seek purity of heart, devotion of trust,

What does the Holy Spirit do?

John 14:15-20

John 14:26

John 15:26

John 16:7-15

Romans 8:5-14

1 Corinthians 2:10-14

Galatians 5:16-26



John 14:25-27

Lectio Divina. Today we focus on the revelation of the name of Jesus.

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