



*Come Holy Spirit,
come among us.*

*Guide us and protect us
with your abiding presence.*

Enkindle our hearts with the fire of your love,

a love that will transform our lives,

banish our fears

and bring us peace.

Pentecost – The Holy Spirit

The Holy Spirit is God's powerful presence with us at each moment and in the circumstances in which we find ourselves.

The Holy Spirit, light of God, breath of life, is always guiding, strengthening and protecting us as we make our journey through each day.

Pentecost is an opportunity for all of us to discover - or rediscover for ourselves the treasure that each of us possess, God's gift of God's self.

It is an opportunity to realise that the Spirit of God is enshrined in the heart of each one of us and is in every aspect of life around us.

The same Spirit of God at Pentecost, is given to each of us in baptism.

Only the Spirit can give us the faith to acknowledge Jesus as the Lord and saviour of our lives; only the Spirit can give us the courage to surrender our lives to God and not lose heart.

The great power of Pentecost lies within everyone of us.

The Holy Spirit touches our lives where we are at. Every act of kindness, every cup of coffee shared, every kind word, radiates the presence of God's Spirit.

The same power that raised Jesus from the dead, that energised the apostles on Pentecost morning is within each one of us.

Living with the power of the Holy Spirit here and now, we can overcome every fear, every hurt, every broken dream and we can heal our broken world.

Spirit of God,

Breathe in me your creative power.

Strengthen me with your abiding presence.

Empower me with your sevenfold gifts.

Free me from all my fears and anxiety.

Deepen in me your love and peace.

Lift me up with new life, new courage, new passion.

Move me with the energy of your guidance.

Bless my going and coming today and always



What Spirit comes to move my life?

In the film, Les Miserables, a perplexed Valjean is in the chapel and he asks, "What spirit comes to move my life?" His life becomes a work in progress, as all our lives are. His story resonates with everyone who has to make choices as to what their life will mean.

In the film his final words sum up the essence of what it is to live and love.

Take my love for love is everlasting

and remember the truth that once was spoken,

to love another person is to see the face of God.

In this time of Pentecost perhaps we could consider "What spirit comes to move my life?"

Can I allow God's Spirit to breathe new life into me, into the tired places of my life, into my doubts, into my anxiety, into my set ways, into my apathy?

Behind every aspect of our lives, is the love and presence of God



Spirit of God Come into My Life

Come with your transforming power.

Enable me to live this day in the power of Pentecost.

Breathe your love into my thoughts and actions.

May those who come in contact with me feel loved and cared for.

Let your wind and fire transform my life through my sensitive and loving presence.

May the words I speak help others to feel accepted, affirmed, and uplifted.

May your light shine into my heart and on my life filling me with peace and Joy.

Spirit of God Come into My Life

