

SPIRIT-LED

We believe in prayer and spiritual practices that fuel a living relationship with God and empower us for life in the way of Christ.

READ – JOHN 16: 13-14

When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come.

He will glorify me, because he will take what is mine and declare it to you.

REFLECT

Building a living relationship with God requires us to be with and **listen** to what God is saying to us.

God speaks to us in our **feelings**.

God reveals himself through prayer, meditation and other spiritual practices.

We can receive guidance from God during discussions with confidants, from a book we read, in inspirations received during activities we enjoy.

But we need to pay **attention**.

Take a few minutes to reflect on the following:

- How can I open myself more to the Spirit of God in my life?
- How do I recognize the Spirit? Can it be through peace? Love? Joy?
- Is there something more I can do to help me get in touch with the Spirit? How can I pay better attention?

ACT

Take a few minutes each day to be still, to listen intently for God's voice.

Don't be discouraged if you hear nothing; just keep trying...

Remember God speaks through our feelings, people, events, nature, the Bible, etc.

PRAY

Gracious God, I pray to be led by your Spirit because I am sometimes afraid to be your messenger.

Peel away that fear.

Let me proclaim your good news with

joy!