Week Eight:
Let your life speak through the power of the Spirit

We are not left powerless to love others as God loves us. We have the stories and words of Jesus to guide us, and the inspiration of the Holy Spirit. Learning how to pay attention to the Spirit and to keep on paying attention, day by day is of utmost importance.

CONNECT WITH GOD
Reflect on your experiences of giving to, and receiving from, others as you lived with attention to God this week. In what ways has this helped you feel connected with God and others?

CONTEMPLATE
Read the words of the covenant prayer, below, slowly. Hold before God situations where you feel greatly affirmed and feel God’s inspiration and guidance. And hold before God times when things are really difficult and you keep going even though you seem to get nothing but grief for doing it.

I am no longer my own but yours. 
Your will, not mine, be done in all things, 
Wherever you may place me, 
in all that I do 
and in all that I may endure; 
When there is work for me 
and when there is none; 
When I am troubled 
and when I am at peace. 
Your will be done 
When I am valued 
and when I am disregarded; 
When I find fulfilment 
and when it is lacking; 
When I have all things, 
and when I have nothing. 
I willingly offer all I have and am 
To serve you, as and where you choose. 
Amen.

(Methodist Worship Book p 288)
CONSIDER: John 14:25-27 (NRSV)

'I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Setting: At his last supper before his crucifixion Jesus is trying to prepare his disciples to keep going with God’s mission when he is no longer with them. He gives them the promise of the Holy Spirit, the promise of God’s Spirit which will remind them of all they have learnt from him. The disciples will be drawn into the deep unity of the Father, Son and the Holy Spirit bringing to them a deep peace of unity and purpose.

Take some time to read through the passage each day. Look for a word, phrase or idea which lights up for you or a question that is raised. Reflect on this and come back to it the next day.

*In what ways do you have a sense that the Spirit guides you?*

COMMIT

1. Think about something that you have learnt as a result of doing this course, or something that you will continue to do because of it. Make a note of this, or draw a picture, or write a poem, that records this in a way you will keep and return to in the future.

2. Offer a prayer for a fresh outpouring of God’s Spirit, as on the first day of Pentecost, to give permanent power and inspiration for yourself – and others you have shared in these reflections – for the work of God’s Kingdom.

3. Finally, once again, reflecting upon our three themes, is there another step you can take on your personal risky venture this week?

*Thank you for being a part of this Great 50 Day journey. Please do let me have any feedback and thoughts that arise as we come to the end of these resources.*

**PRAYER**

God of amazing grace, you entrust to us the gift of your life. You invite us to notice and treasure you. May the threads of our lives, mundane and spectacular, speak of you, that your love may overflow to others and the whole world. Amen.