

How to ... live close to the Spirit

Monday, 6/28/10 – Read Luke 11:10-13

My Observations _____

A Question to Answer: If the Fruits of the Spirit (see Galatians 5:22) are the outcomes of living our lives close to the Spirit of God, HOW DO WE DO THAT? How do we live close to the Spirit? This week let's see what clues the Bible has for us. ... First, we have to ask. In your prayer today, ask! Ask God to enliven the Holy Spirit within you and around you. Make that your prayer today.

Tuesday, 6/29/10 – Read Psalm 51:10-17

My Observations: _____

A Question to Answer: When we pray, we rightly make requests of God. When you pray what do you ask God for? Probably there's nothing we can't ask for -- though sometimes God's answer will be "no." ... Look at what today's Psalm asks for: a clean heart, a new and right and willing spirit, joy, deliverance from violence. Which of these requests do you want to include in your prayer today?

Wednesday, 6/30/10 – Read Psalm 104:24-33

My Observations: _____

A Question to Answer: Look at verses 29 & 30 of Psalm 104. The same Hebrew word is translated "breath" in verse 29 and as "spirit" in verse 30. ... There's an insight here. The simple

act of breathing, done intentionally and with awareness, can (all by itself) put us in touch with God's Spirit. Try it. Take a few moments to focus on your breathing. As you breathe in, let yourself be inspired, in-spirited, filled with God's Spirit.

Thursday, 7/1/10 – Read Isaiah 40:29-31

My Observations: _____

A Question to Answer: What do you think it means to WAIT upon the Lord? For many of us waiting may conjure memories of standing in line or feelings of impatience. But try this definition: "to remain stationary in readiness or expectation." Is your relationship with God one of living daily in readiness and expectation? Try that today. Try living your day with an attitude of readiness and expectation.

Friday, 7/2/10 – Read Psalm 143:7-10

My Observations: _____

A Question to Answer: Have you learned something new lately? Are you willing for God to teach you new things? Willing to have God change your mind about something? ... Maybe the Spirit of God cannot fully do God's work in us because we're not yet open, willing to be taught and led? What do you think? Write down your response.

Saturday, 7/3/10 – Read Romans 8:14-17

My Observations: _____

A Question to Answer: The early Methodists took this passage very seriously. They were convinced that God’s Spirit would bear witness with our human spirits. In other words there would come an “inner experience,” and inner assurance that we are children of God. ... This assurance comes to those who are “led by the Spirit” (verse 14). Which brings us back to our attitudes, our willingness to be led. Take a moment to be honest with yourself. Are you willing for God’s Spirit to lead you? In your prayer today talk with God about your level of willingness ... and write down some notes on your conversation with God.

Sunday, 7/4/10 – Read Psalm 139:1-18

My Observations: _____

A Question to Answer: Psalm 139 is a celebration of the closeness of God, the intimate connection God has with you. Living close to the Spirit of God is not a matter of getting God to be close. It’s simply a matter of focusing our attention on the Divine Presence that’s already here. ... Again, start with your breath. Breathe for a few moments slowly, and allow each breath to be for you a welcoming into yourself of the Spirit of God.

My Faith Journal, June 27, 2010

Outcomes #3

Attitude Adjustment

What do I hear God saying to me today?

What action do I intend to take this week?

Each day this week, take a few minutes. Begin with PRAYER. Then READ through the Bible passage indicated on the inside of this guide. WRITE down your own thoughts, reactions, observations. ANSWER THE QUESTION to begin connecting the Bible with your life. Use additional paper or your own notebook if you need more space to write.