

## **I Listen**

I listen for the coming of the sweet, fragrant wind of the Spirit of God.

*The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.*

*And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.' Acts 2:2*

## **I Pray**

Loving Lord,

That through inner reflection on my past and present sins I will be truly repentant. In asking for the fullness of the Holy Spirit you will see the desire of my heart and cleanse me from within.

I am powerless in myself and need empowering in the Holy Spirit to speak your words and to be your healing hands in the world.

With expectant faith I will wait patiently for the fullness of the Holy Spirit.

I ask for your help among those who will pray for my own infilling of the Holy Spirit.

*May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. Romans 15:13*

You are my all, and without you I am nothing.

*In repentance and rest is your salvation, in quietness and trust is your strength. Is. 30:15*

I pray for a repentant spirit so that I may be forgiven and forgiving.

I pray for a deep knowing of my salvation in Christ Jesus.

### **I Reflect**

From the time Jesus was conceived in the womb the Holy Spirit was within. *'His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit.'* Matt. 1:18

The Holy Spirit was always in Jesus, and yet in the first thirty years of his life there's no recorded teachings or miracles until his baptism by John in the river Jordan. After his baptism he was, 'full of the Holy Spirit,' and later returned to Galilee 'in the power of the Holy Spirit.' Jesus was about thirty years old when he began his work.

At the beginning of his public ministry he read from the book of the prophet Isaiah declaring his intention:

*To bring good news to the poor..  
to proclaim release to the captives, to give sight to the blind,  
to set free those who are oppressed,  
to proclaim the year of the Lord's favour."* Luke 4:14-19

*And all in the crowd were trying to touch him, for power came out from him and healed all of them.* Luke 6:19

In the power of the Holy Spirit Jesus brought 'good news to the poor.'

On the day of Pentecost Jesus' followers received power when the Holy Spirit came upon them for witness.

Today, in the 21<sup>st</sup> Century the Holy Spirit continues to equip and empower God's people for witness to the world.

### **I Challenge myself**

Lord, I acknowledge being powerless to speak out your deep truth; weak against worldly power to bear witness to you, and without power to be your hands among those in need of your healing touch.

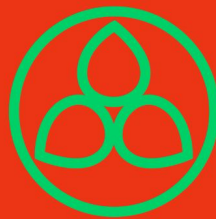
I'm challenged by the promise of power through the Holy Spirit to allow for change in my life.

*But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth. Acts 1:8*

*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.*



# PENTECOST RETREAT



**ARNA**  
Anglican Renewal Network Australia

**ARNA PENTECOST PODCAST 2023**  
**Week Four: Monday 19<sup>th</sup> June**

**THE HOLY SPIRIT AND HEALING**  
Jesus, the Holy Spirit and Healing

Welcome to Monday, week four of our ARNA Pentecost retreat. Our theme this week is 'The Holy Spirit and Healing.' Today we reflect on the relationship between Jesus, the Holy Spirit and healing.

## **I Focus Centring on God's Presence**

I set aside the demands of the outside world to focus on the renewing of my interior spiritual world through reflection and prayer.

*'He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul.'*

I sit upright so that my body is in the letter h. I rest my hands upright on my thighs. I close my eyes. I slowly breathe in, hold, and breathe out. Again, I breathe in, hold, and breathe out. I focus on the physical tension in the lower and upper parts of the body. I tense my legs, hold, and release. I tense my stomach muscles, arms, fists, and release. There is the beginning of a stillness within.

*'But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me.'* Psalm 131:2

## **In the silence I pray..**

Lord, I have quieted myself within.

Draw me into your stillness, help me to be in this moment....

No agenda, no needs - but You.