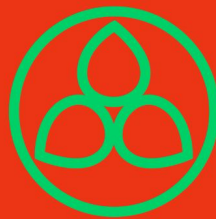




# PENTECOST RETREAT



**ARNA**  
Anglican Renewal Network Australia

**ARNA PENTECOST PODCAST 2023**  
**Week Four: Tuesday 20<sup>th</sup> June**

**THE HOLY SPIRIT AND HEALING**  
Empowered by the Holy Spirit for Witness

Welcome to Tuesday, week four of our ARNA Pentecost retreat. Our theme this week is 'The Holy Spirit and Healing.' Today we reflect on the power for witness by speaking out the good news accompanied by signs and wonders.

### **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.

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. John 14:27*

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.

*Be still before the LORD and wait patiently for him. Psalm 37:7*

*You keep those in perfect peace whose mind is stayed on you, because they trust in you. Isaiah 26:3*

**In the silence I pray..**

Loving Lord,

Your words light up my path and cause me not to stumble. Your words nurture my inward being, giving life to my spirit. Your words reveal truth giving light to my understanding. Your powerful words energise my whole life and being.

*Your word is a lamp for my feet, a light on my path. Ps. 119:105*

*How sweet are your words to my taste, sweeter than honey to my mouth! Ps. 119:103*

### **I Reflect**

Evangelism is proclamation of the Kingdom of God, but Jesus did more than preach the Kingdom. He demonstrated its reality with ‘signs and wonders’, public evidence that the Kingdom he was talking about had come.

*Amazement seized all of them, and they glorified God and were filled with fear, saying, “We have seen incredible things today.” Luke 5:26*

Jesus commissioned his followers to go into the world and make disciples giving the promise they would be equipped to do as he had done.

*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*

When Peter and John were arrested and brought before the Sanhedrin, (Acts 4:1-31) they were released with a warning not to speak or teach in the name of Jesus. Gathering their friends about them, their prayer for ‘signs and wonders’ is sandwiched between their appeal to speak the word boldly.

*Now Lord, consider their threats and enable your servants to speak your word with great boldness..*

*Stretch out your hand to heal and perform miraculous signs and wonders through the name of your holy servant Jesus...*

*And they were all filled with the Holy Spirit and spoke the word of God boldly.*

Evangelism was modelled by Jesus and embraced by those in the early church. The kingdom of God is proclaimed. Signs and wonders attest the truth of the message.

*‘He has called us as kingdom people, doing the stuff of proclamation and demonstration. To do only half of what we’re called into is not a complete Gospel message and we must do all of what God has placed upon us.’ John Wimber*

### **I Challenge Myself**

I imagine the day of Pentecost like the first part of a great wave crashing on the shores of human history. The Holy Spirit transformed, empowered, and emboldened Jesus’ followers to go into all the world and make disciples. Still today, that same great wave of Pentecost continues to break upon the shore, empowering Jesus’ followers for witness in the world.

I live in a community that’s hard to evangelize. I’m challenged by knowing I’m also empowered by the Holy Spirit and called to proclaim and demonstrate the gospel.

*Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. John 14:12*

*For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7*

### **I Listen**

I listen for the wind of the Holy Spirit. I long for the unpredictable, invisible but powerful wind of Heaven to renew and purify my spirit within.

*Be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts.. Eph. 5:18-19*

*But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. John 14:26*

### **I Pray**

Loving Lord,

As you equipped the disciples for ministry and leadership on the day of Pentecost, so equip all Christian leaders today to prepare your people for witness in the world. You call your people to proclaim the good news. Empower them to proclaim your word and demonstrate your presence through healing miracles. Prepare the hearts of those who hear to repent of their sins and turn to you.