

### **Presence**

The more we call on God the more we can feel God's presence.  
Day by day we are drawn closer to the loving heart of God.

### **Freedom**

Everything has the potential to draw forth from me a fuller love and life.  
Yet my desires are often fixed, caught, on illusions of fulfilment or trapped in fear. I ask that God, through my freedom may orchestrate my desires in a vibrant loving melody rich in harmony.

### **Consciousness**

There is a time and place for everything, as the saying goes.  
Lord, grant that I may always desire to spend time in your presence.  
To hear your call.



### **The Word of God John 16:12-15**

Jesus said, 'I still have many things to say to you, but you cannot bear them now. 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. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.'

Some thoughts on today's scripture

- I hear Jesus say that he has much more to say to me. How do I feel about that? Am I, perhaps, afraid of what Jesus might ask of me? Am I afraid to listen to him in case I hear something I don't want to hear? I ask the Holy Spirit to guide me into the truth, and to help me to trust that what Jesus wants will always be life-giving for me.
- The guidance of the Holy Spirit is much needed in our world. We have not reached and we never will reach on this earth the fullness of the truth about God and Jesus.
- We need the constant guidance of the Spirit that we may remain faithful to the truth that is given us and be always open to understanding it more deeply so that we can pass it on to others with full integrity.
- Jesus wants to draw us into the life of God. He knows how anxious we can be, both to let go of the past and to trust what the future will bring. Can I speak to him about my anxieties?

### **Conversation**

I try to let go of all resistance. What do you want to say to me, Lord? I sit quietly with Jesus and allow him to speak to my heart.

### **Conclusion**

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.