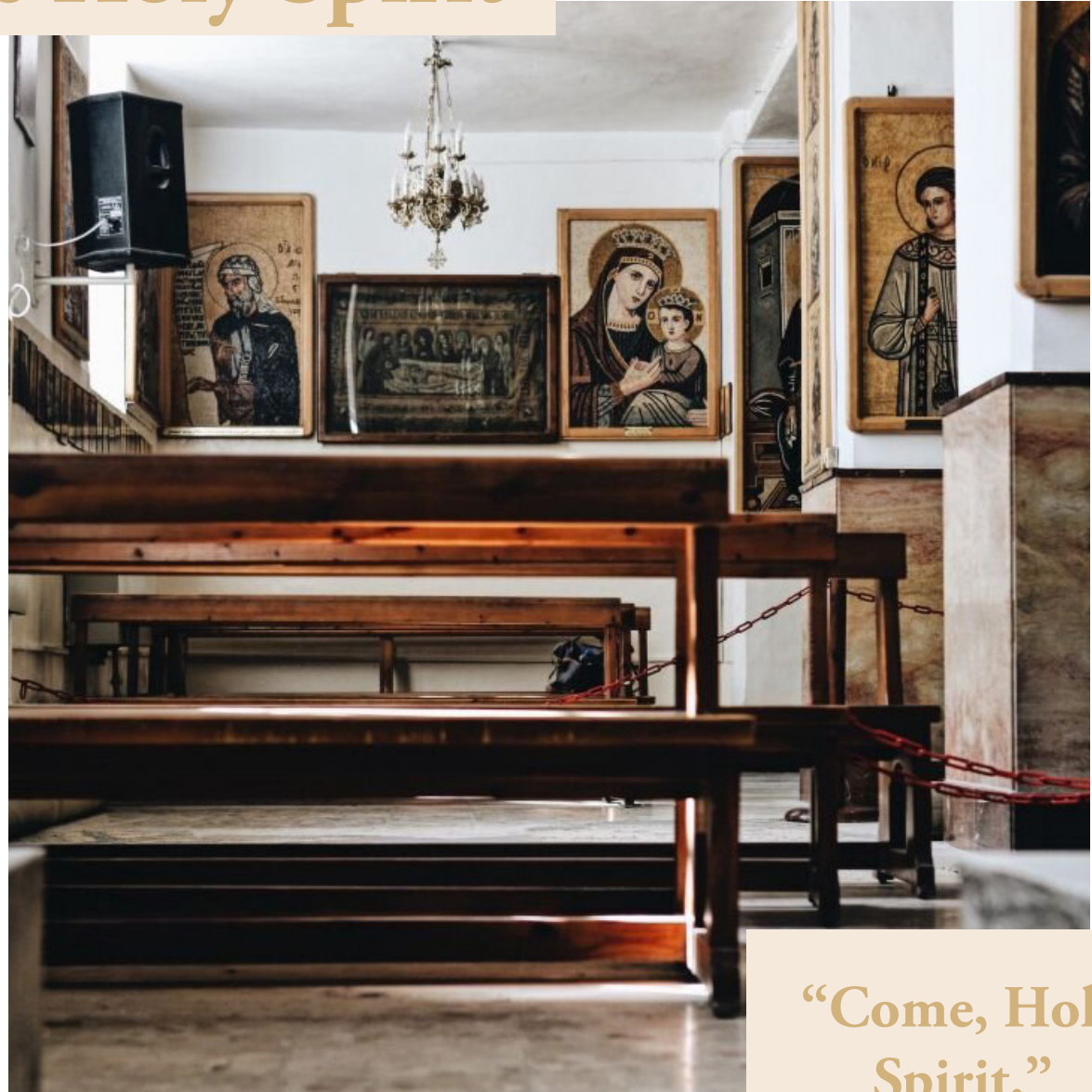


Befriending the Holy Spirit

With Pentecost right around the corner, there truly is no better time to enter into deeper communion with the Holy Spirit! We hope that these lists, though not comprehensive as there are always new and individualized ways to pray, help you enter more fully into life with the Holy Spirit!

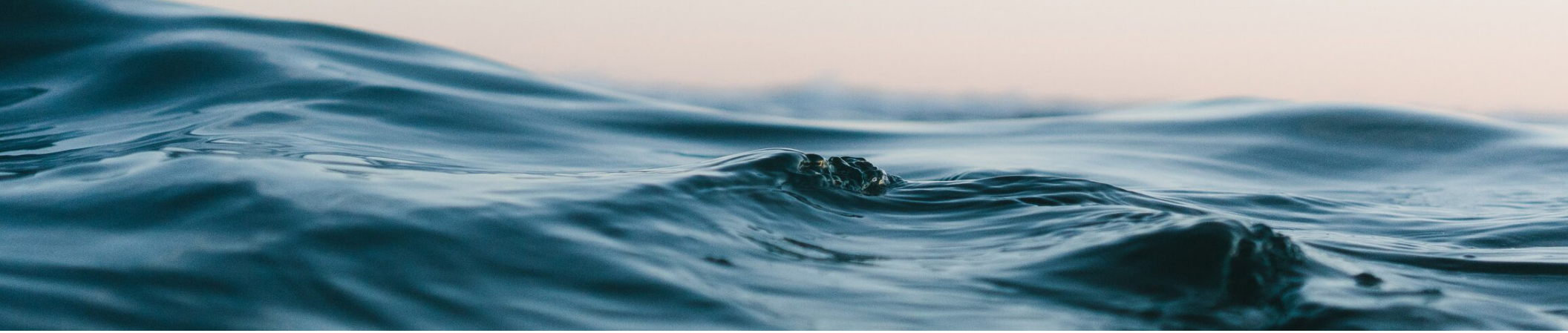
1. A Simple Prayer

- Pray “Come, Holy Spirit,” inviting the Holy Spirit into your mind, your heart, and your life. Spend a few minutes in silent prayer asking for more of His presence.
- Reflect on Romans 8:26, asking the Holy Spirit to teach you how to pray.
- Create space for prayer in your day and reflect on the Holy Spirit’s dwelling place within you. Our God is a creative God—try to imagine what this dwelling place might look like! Imagine yourself entering into the dwelling place with the Holy Spirit. How do you feel? What do you talk about?



“Come, Holy Spirit.”





2. Make Room for Silence

- Make a cup of coffee or tea and find a place to sit with a journal. Call upon the Holy Spirit and invite him into a conversation with you. Spend most of the time in silence, creating room to listen to His gentle voice. Journal what you hear or what you are grateful for after your time of silence comes to an end.
- Go on a walk without your phone. Take in the beauty of your surroundings and invite the Holy Spirit to join you. Allow yourself to be open to receive, and try to keep your mind quiet. Rest in the truth that He is with you and that He created you and called you “very good.”
- Enter into the dwelling place you imagined earlier. Begin with silence, leaving room for Him to speak. If it is hard to remain quiet, try inviting Him into the simplest parts of your day as well as the heaviest burdens you carry. Ask for His perspective, and rest in the truth that He is your Counselor, your Consoler, and your Guide. He longs to be with you and to bring you peace!

3. Read Scripture

- Bust out your (physical) Bible and thank the Holy Spirit for giving you His Words. Then, open to Chapter 1 of Genesis, read the passage, and reflect on the story of Creation! Praise the Holy Spirit for his life-giving breath, and make note of any words or phrases that stick out to you. Feel free to keep reading after you reflect on the first chapter or to enter into a period of silent prayer!
- Follow the practice of Lectio Divina with Chapter 2 of Acts of the Apostles, inviting the Holy Spirit into this time of reflection. You will read this chapter four times, each time a little differently:
 - The first time you read it, try to focus on reading slowly and intentionally aloud, asking the Holy Spirit to illuminate a word or phrase that He would like to speak into. Feel free to underline or circle the word/phrase that stands out to you.
 - Now, read the passage a second time, this time focusing on the word/phrase that the Holy Spirit illuminated. You can read the whole passage, or you can focus in on the part to which you have been drawn. Once you have finished your second reading, take some time to meditate and reflect on the word or phrase the Holy Spirit has illuminated. What is the Holy Spirit trying to tell you? How does this relate to your life at the moment? Leave some room for silence so that He may speak His truths into your heart.
 - When you are ready to continue, read the passage aloud for the third time, this time allowing the words to become a prayer. When you are finished reading, enter into conversation with the Holy Spirit about the part that sticks out to you. If you are journaling, write down your response to the passage and anything the Holy Spirit speaks over you in this time. Allow yourself to enter deeper into prayer and sit in the goodness of His Words.
 - Once you finish reflecting, read the passage one last time. When you are done, enter into a period of silence—anywhere from 2 to 30 minutes—to allow the Holy Spirit to work in and through you. Rest in His goodness and try to keep your mind from wandering. If you do get distracted, ask Him to help you focus—He is gentle and He will guide you along the way!
- Circle back to Romans 8:26. Spend some time sitting with this passage and ask the Holy Spirit to speak into your heart. Give him room to speak, and allow yourself time to receive.

