



*For the one
whom God
sent... does
not ration
the gifts of
the Spirit.*

(John 3:34)

Come, Holy Spirit!

As we approach the celebration of Pentecost we are reminded that the gifts of the Holy Spirit are available to anyone who asks and is ready to receive them.

This prayer from Joyce Rupp reminds us of the importance of taking time to refresh and replenish.

Come, Holy Spirit, help me replace the busyness of my life with a simpler lifestyle, so I will focus on the essential things in life and allow time for others.

Nourish my ability to understand and appreciate myself. Keep me from being too self-oriented and unmindful of others' needs.

*Fill me with trust in your consoling presence.
Calm me when I am anxious and troubled.
Help me to have the courage to empty myself of anything that does not contribute to the transformation of this world.*

*Continue to create a deep hunger for you within me.
Feed me with 'the finest wheat' of your joy, peace, and love.
Replenish my weary spirit with an enthusiasm and energy that comes from surrendering my life to you.*

Be my wisdom as I search for meaning in a world fraught with pain, suffering, hostility, and division.

Source: Joyce Rupp. 2008. *God's Enduring Presence*. P55

REFLECTION

> How do you find meaning in a world fraught with pain, suffering, hostility and division?