



Week Eight:

Let your life speak through the power of the Spirit

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We are not left powerless to love others as God loves us. We have the stories and words of Jesus to guide us, and the inspiration of the Holy Spirit. Learning how to pay attention to the Spirit and to keep on paying attention, day by day is of utmost importance.

Group facilitator welcomes everyone. Each person introduces themselves. Leader reminds people of the guidelines. Leader begins by reading out the session title and two sentence explanation.



Connect (10 minutes)

Share experiences of giving/receiving to and from others as you lived with attention to God this week. How has this helped you feel connected with God and others this week or not?

Share your experience of your risky venture.



Contemplate (5–10 minutes)

Someone read the words of the covenant prayer slowly.

Each person silently repeats the words of the covenant prayer to themselves. Hold before God situations where you feel greatly affirmed and feel God's inspiration and guidance. And hold before God times when things are really difficult and you keep going even though you seem to get nothing but grief for doing it.

I am no longer my own but yours.
Your will, not mine, be done in all things,
Wherever you may place me,
In all that I do
And in all that I may endure;
When there is work for me
And when there is none;
When I am troubled
And when I am at peace.
Your will be done
When I am valued
And when I am disregarded;
When I find fulfilment
And when it is lacking;
When I have all things,
And when I have nothing.
I willingly offer all I have and am
To serve you, as and where you choose. Amen

(Methodist Worship Book p 288)

Close by repeating the prayer together.



Consider (15 minutes)

John 14:25-27 or the Gospel passage just used in worship.

Someone reads the setting. Two people read the passage slowly one after the other.

Setting

At his last supper before his crucifixion Jesus is trying to prepare his disciples to keep going with God's mission when he is no longer with them. He gives them the promise of the Holy Spirit, the promise of God's Spirit which will remind them of all they have learnt from him. The disciples will be drawn into the deep unity of the Father, Son and the Holy Spirit bringing to them a deep peace of unity and purpose.

John 14:25-27 (NRSV)

"I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. 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.

Three minute silence to think about the passage individually. Guard this time of silence for personal reflection.

Each person has the opportunity to share a word, phrase or idea which lights up for them or a question raised for them. You may want to do this in twos or threes, rather than as a whole group.

Listen carefully without comment to each person's contribution.

Only when everyone has had the opportunity to share, let a conversation develop. The conversation may develop from the contributions, or a focus for the conversation might be:

In what ways do you have a sense that the Spirit guides you?



Commit (5 minutes)

Think about something that you have learnt as a result of doing this course, and what you will do because of it. Share this in a word, an image, an idea or in some other way.

Offer a prayer for a fresh outpouring of God's spirit, as on the first day of Pentecost, to give permanent power and inspiration to the entire group for the work of the kingdom.

Close with the series prayer.

*God of amazing grace,
you entrust to us the gift of your life.
You invite us to notice and treasure you.
May the threads of our lives,
mundane and spectacular,
speak of you, that your love may overflow to others
and the whole world.
Amen.*