

Weekly Reflection: Pentecost - In Your Element

Take a minutes from your busy day to pause and reflect on the word. This guided reflection was compiled and prepared by Joan Bowers and read by Edward Frost. For more information on the Digital Mission beside to "Like" our Facebook Page: facebook.com/digitalmissionNH

Scripture: [Romans 8:22-27](#)

Our scripture today is from Paul's letter to the Romans

We know that the whole creation has been groaning in labor pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Reflection: "The Avowal" A Poem by Denise Levertov

As swimmers dare
to lie face to the sky
and water bears them,
as hawks rest upon air
and air sustains them,
so would I learn to attain
freefall, and float
into Creator Spirit's deep embrace,

knowing no effort earns
that all-surrounding grace.

Questions for further reflection:

- As you think about past experiences, can you recall times when you felt truly in your element? What was that like?
- Have you ever heard stated or implied messages that you weren't good enough for "Creator Spirit's deep embrace"? How did you respond?
- As you feel led, give thanks for God's love that surrounds all creation.
- How might you join with others in nurturing peace and reconciliation in your community and in the world beyond?

Prayer:

Let Us Pray...

Almighty God, on this day you opened the way of eternal life to every race and nation by the promised gift of your Holy Spirit: Shed abroad this gift throughout the world by the preaching of the Gospel, that it may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. *Amen.*

Credits:

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