



## preparing

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Remembering the Lord takes practice and intentionality. It means that we must shift our focus from something else to God. It can be as simple as stopping the scrub brush for a moment between scouring pans and taking a simple breath in and out. As you breathe in, remember "The Lord is love." As you exhale, remind yourself of who he loves "He loves me." Simply using the breath that the Lord has given you, first to take in and then to push out, inhaling and then exhaling, can be a moment to rest and remember "The Lord is love. He loves me." Truly. Truly. He does love you. A lot.

## settling and listening

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You might want to have this conversation while at home or in the car or any time that you hear that still small voice cheering you on.

If at home and if you make it a practice at home to set aside a special time and place, consider laying out a cloth and lighting a candle as you say

LEADER: Come, let us draw near to God.

**PEOPLE: And God will draw near to us.**

Prayer leader can pray. ***"Come, Holy Spirit. As we make space for you, open our ears to hear. Open our mind to understand. Stir our heart. Help us to know and love you more. Amen."***

[pause]

If the nudge to speak comes at a time when you are out and about, just go for it!

***"I wonder what you notice about the wind?"*** Wait to listen and gather their thoughts.

***"Let's close our eyes and quietly enjoy the breeze for a moment."*** Pause for 10 seconds to feel the breeze. ***"What did you notice? What did you feel? Where did you feel that? On your face? In your hair? Did you feel your shirt rustle?"***

***"Now let's close our eyes and listen for whatever we hear."*** Pause for 20 seconds to listen. ***"As you slowly open your eyes, let's share the different things you heard."*** If no one mentions that they heard something that sounded like the wind moving things, close your eyes again and listen for just THOSE kinds of sounds (rustling leaves, paper or leaves skittering across the pavement, a flag flapping in the wind . . . )

***"How does it feel to be still and quiet? To listen for noisy things and silent things? Is it easy or difficult? When do you like to be quiet? When do you not?"***

***"Did you know that the Lord invites us to be still just so that we can know him in the listening? Let's read part of Psalm 46. Then after we read, let's stay quiet for a moment to that we can each listen for what God might be telling us through His Word."*** Invite a reader to read the Psalm. Sit in silence for 20-30 seconds, then say the "Glory be . . ." together.

***A reading from Psalm 46,  
verses 10 and 11:***

10 He says, "Be still, and know that I am God.

I will be honored among the nations.

I will be honored in the earth."

11 The Lord who rules over all is with us.

The God of Jacob is like a fort to us.

***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.***

***"Is there anything you'd like to share about what was stirring in you; what God was drawing your attention to?"***

[pause]

***“As I think about quiet things like the wind, it also makes me think about how we can use our breath to make wind. Can you blow gently on your fingers? What do you feel? What do you hear?”***

***“I want to share with you two stories from the Bible about the breath of God. Let’s listen as we read this first story from the Old Testament.***

***A reading from Genesis,  
chapter 2, verse 7:***

7 Then the Lord God formed a man.  
He made him out of the dust of the ground.  
God breathed the breath of life into him.  
And the man became a living person.

***The Word of the Lord.  
Thanks be to God.***

***“Isn’t that amazing?  
God used his BREATH!  
to create MAN!  
from DUST!  
God breathed life into him  
and the man became a living person!  
I wonder how God’s breath brings you life?”***

***“The second story comes from the book of Acts.  
Listen to a different way the Lord breathes life into those who believe in Jesus.***

***A reading from Acts,  
chapter 2, verses 1 through 4:***

1 When the day of Pentecost came,  
all the believers gathered in one place.  
2 Suddenly a sound came from heaven.  
It was like a strong wind blowing.  
It filled the whole house where they were sitting.  
3 They saw something that looked like fire in the shape of tongues.  
The flames separated and came to rest on each of them.  
4 All of them were filled with the Holy Spirit.  
They began to speak in languages they had not known before.  
The Spirit gave them the ability to do this.

***The Word of the Lord.***

***Thanks be to God.***

***“I wonder about the connections God is helping you to make?”***

***“I wonder how the wind helps you to remember WHO God is as the creator of the universe who breathed life into you and as the One whose Holy Spirit lives in the hearts of believers?”***

**prayer.**

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Seal your time and conversation by giving thanks to God by saying together the Lord's Prayer or singing the Doxology.