

## 09.09.20 – A Weekly Word for Covenant Church

**Title:** Being Filled with the Holy Spirit

**Scripture Reading:** [Acts 1:6-8](#)

**Reflection:** Pastor Henry

“Spirit of God, what do you have for me/us in this situation?”

When I was just starting out in pastoral ministry, I had a number of different spiritual/vocational mentors that I would meet with on a regular basis. We would check in and talk about a variety of different things. One of these mentors taught me about and encouraged me to pray this one sentence prayer multiple times throughout each day. Each time I would transition to another task, meeting, phone call, or appointment, he said... “Henry, you should pray this prayer: ‘Spirit of God, what do you have for me/us in this situation?’”

Why do you think he wanted me to learn and recite this prayer again and again, day after day, week after week?

One of the main reasons I think he wanted me to learn and pray this prayer is because he wanted me to understand that the power of the Holy Spirit of God was at work everywhere I went. My job wasn't to ignore or usurp the Spirit of God. Rather, it was to discern, discover, and cooperate with the Spirit. My job was also to help the people I met with do same; to discern, discover, and cooperate with the work of the Spirit in their lives.

This past Sunday, one of the many things that pastor Doug said in his message to us that caught my attention was this:

*“To be full of the Spirit' is a statement of total surrender to His Spirit - Christ the King - allowing the Spirit control of my thoughts, my perceptions, and my actions. It's what happens when my normal tendencies towards anger, narcissism, and deceitfulness are replaced by the fruit of the Spirit (love, joy, peace, patience, kindness goodness, faithfulness, gentleness and self-control, generosity). It's what happens when we surrender to the Spirit - to live fully in the kingdom of God. It's the full and active pursuit of the pearl of great price.”*

Early on in my vocational ministry, my spiritual mentor wanted me to learn the importance of this truth. He wanted me to learn that the Spirit is alive and at work. He wanted me to learn that the Spirit was in control and that I was not. He wanted me to learn the disciplines of surrender and indifference. So, he said, “Henry, you need to pray this prayer again and again throughout your day: ‘Spirit of God, what would you have for me/us in this situation?’”

Friends, an interesting thing begins to happen when we pray this prayer again and again and again. As we start emptying our self, letting go of our own agenda, surrendering our will to the Spirit; once we, like Pastor Doug said this past Sunday, start to “...empty our self of everything that prevents the Spirit from filling us...” the Spirit of God begins to fill us up. As we come before the Spirit empty, the Spirit of God fills us up.

As you go about your day in the weeks to come, I invite and encourage you to pray this prayer again and again: “Spirit of God, what do you have for me/us in this situation?”

As you...

- Enter your in person or Zoom meeting at work
- Pick up your child after school
- Enter the checkout line at Meijer
- Head out to a different job site
- Get ready to snap or post or tweet or message your friends on social media
- Meet someone from your neighborhood on your daily walk
- Change classes at school
- Sit down for dinner together as a family
- Go about your different tasks, meetings, routines, and obligations each day

...every time you switch to something different during your day, I invite you to pray this prayer:  
“Spirit of God, what would you have for me/us in this situation?”

**Prayer:**

Father in Heaven, surrendering is hard. Giving up control is hard. But this is the way we are filled with your Spirit. Help us to empty ourselves so that we can be filled with you Spirit. Help us to seek and ask for your Spirit every day. AMEN.

**Action Item for the Day/Week:**

During the next few weeks, each time you transition to something new throughout your day, pray this prayer:

“Spirit of God, what would you have for me/us in this situation?”

**Songs for today:**

[Holy Spirit](#)