Water & Spirit

Take some time to settle down, taking deep breaths and relaxing your body. Acknowledge God’s presence with you here, and ask God to help you be open to whatever God wants to reveal to you.

We are all like jars of clay. God’s Spirit not only fills us with love, grace, and hope, but those things spill over and begin to splash on others. That is why smiles, generosity, and laughter are considered contagious.

Take a cup and the pitcher of water. Ask God to fill you with love, and as you do so, slowly fill the cup with water until it is full and overflowing. Let the water flow over your hand and into the basin. As you do this, imagine God filling you with His Spirit to the point of overflowing.

You may empty your cup and fill it again while thinking of His grace, hope or other abundant blessings that come to mind.

Prayer:
God of all who thirst,
Our hearts are parched from wandering in deserts,
Far from your life-giving springs.
Call us to your well.
May we drink often from your stream.
Fill our cups with your grace.
Let your love overflow in our hearts,
And make us fully alive.
Amen