



Spirit Inspired
Worship




Ev'ry Time I Feel the Spirit

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Another Presbytery Gathering is on the books, and I'm still humming "Ev'ry time I feel the Spirit, moving in my heart, I will pray. Yes, ev'ry time I feel the Spirit, moving in my heart, I will pray." The movement of the Spirit was palpable – even from Idaho. More important, it was earnestly sought. As we move into the vitality mark of "Spirit Inspired Worship," we welcomed Rev. Dr. Melanie Harris as our guest speaker. During the education hour, Dr. Harris led us in exercises to tap into the presence of the Spirit.

Hearing the Spirit



Spiritual Listening

1. Being (still)
2. Feeling the Silence
3. Sensing the Spirit
4. Listening (Breathing, Lectio Divina, Song)
5. Affirming and Confirming the Spirit



Remove Spotlight

First Presbyterian Church of Racine

"The same breath that is in all of creation is in you," Dr. Harris shared...the same breath that God used at the moment of creation. From Genesis, chapters 1 and 2, God gave the breath of life to "every beast of the earth and to every bird of the air and to everything that creeps on the earth." To the first person, God breathed into his nostrils the breath of life, and the man became a living being." I imagine their lungs bursting with this creative force of love, filled in every interstitial space with the breath of life.

Then, they exhaled. The breath of life escaped.

We, too, breathe in the same breath that is in all of creation. Because of the way we are created, we also exhale. Couldn't we, like a balloon, just expand with this life-giving breath and tie a knot to keep God's creative force safely inside? Must we let it go?

Dr. Harris encouraged us to breathe in God's peace and exhale what is stale. We breathe in love and exhale what is stale. Life in, stale out. Once we have absorbed all that is good, we exhale that which is waste. Figuratively and literally, we are made to be constantly refreshed by the breath of life.

This practice of breathing, which many of us take for granted, can be a spiritual discipline that makes us more aware of the presence of the Spirit. Deep breaths in of all that God offers; exhalation of all that is stale. (I recognize this practice can also induce sleep, but perhaps that is the Spirit's encouragement of rest?)

May your days be filled with slow, life-giving, imagination-provoking, renewing breath. May you exhale all that is stale, unnecessary, and empty.