

## **Listen and Yield to the Spirit of God Within You and Others.**

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Today, I invite you to listen and yield to the Spirit of God. Please come with an open heart as we attempt to anchor ourselves in some of the basic fundamental ways to listen and engage with the Spirit of God within us and in others..

First, let us take a posture of thanksgiving and humility before God that intends for us to lay down our burdens, and yield control. This could look like an outstretch of hands, kneeling on your knees if you're old school or bowing of your head. Go ahead, take a posture and begin to think of things you're thankful for, feel free to praise God for those things....

Now pray,

1. ***“In faith, we invite your spirit. In faith, we yield to your spirit.”***  
repeat a few times if you'd like.

Be Still and notice comes to mind? Listen.... notice your thoughts, notice areas of need, thoughts of action and clarity, or just receive God's peace. You don't need to understand everything or have everything figured out...just notice...

Repeat this prayer,

2. ***“In Faith, I Trust the spirit of God within me.”***

Invite God to expand the knowing of your spirit within and around you. “God will you expand?...God you expand ...” take a few more moments...

Now, open your eyes, [Look at these images](#) and ask yourself, Is God's Spirit Here? Where is God's spirit?

End by praying together: “Namaste”, which means ‘may the spirit of God in me, greet the spirit of God in you’ ....

Pray: ***May the spirit of God in Me recognize the spirit of God in others.***

For THIS is the simple work we've been called to do ever since the Spirit hovered over the waters.

***Pray: “Namaste.” 3x***