

## LIFE IN THE SPIRIT PRAYER GROUP MEETING 22 JULY 2020

Thanks again to the 19 people who were able to join our online prayer meeting by Zoom yesterday.

### This week we felt the Lord was saying:

- He wants to unbind us from restrictions and difficulties of the past, present and future: his promise is to set us free forever.
- When praising God, it's not just the words we sing but the heart we put into it; the Eucharist is at the heart of our worship.
- "I am the way the truth and the life" - when we worship in spirit and truth\* we are united with the Father through Jesus and the Spirit, and we are united with all God's people and with the angels and our Lady in heaven.
- "Do not worry about anything - I am your provider and deliverer." Worshipping in Spirit and truth means to praise and worship the Lord whatever the circumstances\*\* because when we praise Him, He sets us free.
- Whatever we are suffering, we should not blame or curse God, but still trust Him\*\*\*. The heart of worship is sacrifice - being willing to offer ourselves totally to God, knowing that we can trust Him to do whatever He needs to do.
- At the heart of religion is worship, and at the heart of worship is sacrifice. That is why the Mass is so central to everything we do: it's the ultimate sacrifice and the ultimate worship.
- God is always faithful to us: rather than focussing on our own faith (or lack of it), remind ourselves that He is always faithful in His promises to us, He will never let us down. If we hold that truth in our hearts, it transforms us.
- Domitille witnessed to the power of praising and thanking God in the midst of a difficulty, and praising His name: within minutes the problem was solved.
- "I am in this moment of worship: delight in the present moment. In coming days of darkness I will be your light - hold on!"

### Conclusions:

- We need to worship in spirit and in truth - both are equally important. Putting too much emphasis on liturgy, ritual, scripture and doctrine without engaging the heart, results in joyless, dry, impersonal, legalistic, less fruitful worship. At the other extreme, worship that is over-emotional without the vital core of God's word and doctrine, risks becoming insubstantial, shallow, not carrying over into everyday life; it can be a form of escapism from the reality of life's challenges.
- "All Word and no Spirit, we dry up; all Spirit and no Word, we blow up; both Word and Spirit, we grow up" (David Watson)

- As Catholics, there is always a danger that our liturgies can become routine and lifeless: we need to involve the Holy Spirit to help us put our hearts into what we are doing, to teach us and engage us in the truth of what God is doing through the liturgy, and make it fruitful in our everyday lives.
- When we don't know exactly what solution to pray for, we can always pray "Lord, let your will be done in me"\*\*\*\*\* We surrender our understanding and control and place everything in God's hands, trusting Him to do what is best, even if that means changing us. That was Mary's prayer, so we can ask for help in this too.
- We also need to pray "Thy Kingdom come, thy will be done" as a powerful prayer of command, in the authority of God's living and true word: we are commanding in Jesus' name that God's perfect will be done on earth as it is in heaven: just as the angels are worshipping in heaven, may that praise, worship and power come upon the earth in such a way that God's will is done.
- If we don't know how to pray, let the Holy Spirit pray in us and through us\*\*\*\*\* - let our emotions pour out of us in groans or tongues and trust that the Holy Spirit knows what to pray when we don't.
- We can pray "Jesus I surrender everything to you - give me the grace to let go of my own will, and take care of everything". (See link below to Novena of Surrender).

### Scriptures

\* John 4:24 *God is spirit, and his worshippers must worship in the Spirit and in truth.*

\*\*Habakuk 3:17-18 *Though the fig tree does not blossom, and no fruit is on the vines; though the produce of the olive fails and the fields yield no food; though the flock is cut off from the fold and there is no herd in the stalls, yet I will rejoice in the LORD; I will exult in the God of my salvation.*

\*\*\*Job 13: 15 *Though he slay me, yet will I hope in him*

\*\*\*\* Luke 1:38 *May it be done to me according to your word.*

\*\*\*\*\* Romans 8:26 *We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.*

### Link

[Surrender to The Will Of God - Novena of Father Dolindo Ruotolo](#)

We will be meeting by Zoom again next Wednesday at 8. I will send round the invitation nearer the time and hope once again many can join in.