

Romans 8:13-17

The text we will pray with today is Romans 8:13–17. The Letter to the Romans, chapter 8, verses 13 to 17.

As usual, we take a moment to settle ourselves.

In a stable and peaceful way, we enter a different space and time, consecrated to seeking with gentleness and with all our heart this presence deep within us, and to listening to His word.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Come, Holy Spirit, come, Inner Master, teach me to pray.

To listen to the God who speaks to me, to know Him better, and to seek Him. Draw my heart toward this presence.

I consecrate all my faculties to You during these twenty minutes: my intellect, my memory, and my will. Draw me to Yourself.

For if you live according to the flesh, you will die. But if by the Spirit you put to death the deeds of sinful nature, you will live.

All who are led by the Spirit of God are children of God.

It is through Him that we cry: “Abba, Father.”

The Spirit is the Spirit of life, who leads us into life.

All who allow themselves to be led by the Spirit of God are children of God.

To let myself be guided, to let myself be enlivened, to allow this Spirit of life to bathe me in life.

To allow myself to be led by the Spirit of God; such are children of God.

You have not received a spirit that makes you slaves and brings you back into fear.

Jesus said, “Abba, Father” in Gethsemane when He was suffering.

He transforms all of this into filial surrender, into a completely extraordinary act of love.

You have not received a spirit that makes you slaves, bound by fears.

Deep within you there is this source crying out: “Abba, Father.”

Heirs of God, co-heirs with Christ.

Come, Holy Spirit, Spirit of life who transforms everything.

You have received a spirit that makes you children of God.

With Jesus, in everything I experience, joys and sorrows alike, I can live as a beloved daughter or son of the Father.

I can slowly reread this text and pause on a word or verse that touches my heart.

Lord, free me from fear. Lead me, Holy Spirit, to the sources of life.
Thank You, Lord, for Your word of life.
Make it bear fruit for my journey. Draw me, Lord, into prayer.
Our Father, who art in heaven, hallowed be Thy name...
Deliver us from evil. We may take a moment to note a verse, a word, or a
prayer that has sprung from our heart.
In the name of the Father, and of the Son, and of the Holy Spirit. Amen