

Spirit

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5 Day Devotion Challenge

DAY TWO

Meditation Exercise: Ignite your senses.

1. Put yourself into a relaxed posture. (sit, lie down, pull your legs in, wrap yourself in your throw)
2. Close your eyes and open your mind's eye and heart
3. Enjoy Breath (life). Breathe deeply in through your nose and slowly exhale through your mouth (repeat for 10 breaths)
4. Enjoy a normal breath - continuing in through the nose and out from the mouth

Visualize and continue with normal breathing

- The Holy Spirit is the breath of God, the giver of life. Your Spirit is the life God will reconcile with and take home with him.

Acknowledge your Spirit and see it reconciled with God

- Job 33:4 The Spirit of God made me, and the breath of the Almighty gives me life -

With arms open, welcome His breath. Welcome the Spirit

- Take your last few breaths breathing in the words "I love you" and exhaling the words "Thank you".

