

An hour with Holy Spirit

These two activities are very similar in how they are approached. If you have time you can try them both. One is more of a journaling exercise; the latter is a creative/art exercise. Push yourself to try something new to expand your capacity to hear.

You'll need a notebook or paper and pen for this first activity. Art supplies/material for the second. We've provided adaptations for families with children (but adults may find this helpful too).

Remember: There is no "right or wrong" way of doing this. This is your time with God. It can help concentration to set an alarm or timer before starting this if you have limited time, it stops you having to keep checking the clock whilst doing it!

Practice	How	<i>Ideas to include children</i>
Quiet yourself	Take as many moments as you need to quieten yourself, let yourself be still. Don't worry if something distracts you, notice it, and bring your mind back to stillness.	<i>If including the family, a fiddle toy, or colouring can be useful.</i>
Fix your eyes on God	Take time to imagine yourself in the presence of God. <i>Where are you? What are you doing?</i> <i>Where is the Father? What is Father doing?</i> <i>Where is Jesus? What is Jesus doing?</i> <i>Where is Holy Spirit? What is Holy Spirit doing?</i> Take time to record what you imagine.	<i>Children can be particularly good at this.</i>
Prepare yourself to hear	Read: John 10:27 and Isaiah 30: 18-21 and 1 Corinthians 2:16	<i>Choose one for children, then ask them what they think those words mean?</i>
Ask a question	What is one thing on your heart that you would really love to hear from God about? Take time to tell God about that. After you have told God about it, what is one question you would really like him to answer around this topic? Ask it. Something open ended is often more helpful. A "yes" "no" type question much harder to discern if the answer is your or the Spirit.	<i>Give children suggestions: ex. Holy Spirit, what does your voice sound like?</i> <i>Holy Spirit, what do you think when you think about me?</i> <i>Children are often great at this, they already have the faith of a child, so have a head start on us!</i>
Write it down	Write down what you "hear". Resist the desire to analyse it just yet, we will do that in a bit. Allow yourself to go with what is coming to your mind. At this point, just write it all down.	<i>Children can write it down, draw it, or just tell you what they imagine God saying as an answer.</i>
Weigh it	Read through what you've written with discernment. Ask the Holy Spirit for His help here. Does it sound like God? Does it go with the kind of things you know about God from His word (The bible)?	<i>Talk with your Child about what they heard and pray with them to learn how to hear God's voice.</i>
Keep asking or talking back	Have a fuller conversation, now with our "three-in-one" God. Some people like to write down everything they say back too. This can be great for looking back later. Keep going as long as it flows, or until you run out of time. To start with this may last only a few minutes, and that's great.	
Thank Holy Spirit	Finish by Thanking the Holy Spirit for speaking to you today or expressing your desires and frustrations if you struggled to hear him. Ask him to expand your capacity to hear his voice.	

Drawing or painting with the Holy Spirit

This is about you taking time with God. It doesn't have to be "good" or use good technique. It's about you enjoy time with the Holy Spirit. Worship or instrumental music can be great to play whilst you do this. Get your pens, paints, paper out etc before you start.

Quieten yourself	Take as many moments as you need to quieten yourself, let yourself be still. Don't worry if something distracts you, notice it, and bring your mind back to stillness.	
Fix your eyes on God	Take time to imagine yourself in the presence of God. Where are you? What are you doing? Where is the Father? What is Father doing? Where is Jesus? What is Jesus doing? Where is Holy Spirit? What is Holy Spirit doing?	<i>Children will want to tell you what they imagine.</i>
Tune into the Holy Spirit	Ask the Holy Spirit to inspire you, to speak to you and through your art. Open your heart with expectancy. Imagine Holy Spirit coming alongside to help you create something.	
Ask questions and create	Ask Holy Spirit which 3 colours He wants to highlight for you today and start with those. Ask as you draw or paint. <ul style="list-style-type: none">• Holy Spirit, where should this colour go?• What should I draw here?• How do I draw this? You may see like a picture in your imagination, paint that! Treat this like creating with a friend, or very good art teacher. Some people find it helpful to write down anything He tells you as you paint or what you think the painting expresses.	<i>There can be moments when doing this where Holy Spirit will show you something in the picture that you hadn't intended.</i>
Thank Holy Spirit	Finish by Thanking the Holy Spirit for the time you've enjoyed with Him today. Reflect on how you felt whilst creating.	<i>Share your art and experience with someone. Ask them what they see and if the Holy Spirit speaks to them in any way through your art.</i>