

JOY IN THE SPIRIT

Retreat Day

... Come with me by yourselves to a quiet place...

(Mark 6:31)



We are familiar with Jesus' words telling the disciples they will receive power when the Holy Spirit comes and through this power they will become witnesses to the very ends of the earth. Jesus also told His disciples that the Holy Spirit would come as comforter, as teacher, as one who convicts of sin, and who is the spirit of truth. He is the advocate who would remind the disciples of all that Jesus taught them and will testify to the truth about Jesus.

Power, teaching and comfort are so important to us in our lives and ministries - I love it that the Holy Spirit is also associated with joy! He's not just there to help us get the job done - he's also there to fill us with joy! Scripture refers to both Jesus and the disciples being filled with joy and with the Holy Spirit. Jesus also says that the grief of the disciples will turn to joy and their joy will be complete. The letters of Paul continue to connect the Holy Spirit with joy –and our own lives can attest to that connection.

This month, as we celebrate Pentecost, that first outpouring of the Holy Spirit on all believers, let us also celebrate the joy that he brings to our lives – and let us also live in such a way that the joy of the Spirit is evident to all. Perhaps the power of the Holy Spirit is also to be seen in joy-filled lives!

Online Clip <https://youtu.be/sE119Bzjt68>

JOY IN THE SPIRIT

Call to worship

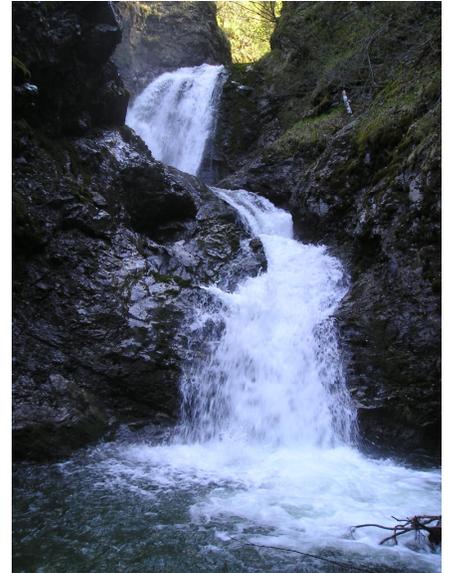
Come, let us sing for joy to the Lord;
let us shout aloud to the Rock of our salvation.

² Let us come before him with thanksgiving
and extol him with music and song.

³ For the Lord is the great God,
the great King above all gods.

We come before him with thanksgiving
And extol him with music and song.

(Based on Psalm 95:1-3)



Scripture

But you will receive power when the Holy Spirit comes on you;
and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.

Acts 1:8

Prayer

O Spirit of the living God,
Full of radiance and joy,
Come afresh upon us now
And transform our lives with the
blessings of your love, joy and peace.

O Spirit of the living God,
Exuberant and dynamic,
Refresh us with your power,
Enliven us with love, joy and peace. ⁱ

Song

Majesty of heaven
Your glory fills the skies
Light of the world
You are Lord of all

Humbled by your presence
Amazed by who you are
Nothing compares
You are Lord of all

To you the nations bow down
To you creation cries out, Majesty
All things you hold together
Your name will stand forever
Majesty. You are majesty

Merciful and mighty
My heart is overwhelmed
You stand alone
You are Lord of all

To you the nations bow down
To you creation cries out, Majesty
All things You hold together
Your name will stand forever
Majesty. You are majesty

Your name above all others
High and exalted
Your kingdom shall reign forever
High and exalted

Scripture

At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do.

Luke 10:21

When the Gentiles heard this, they were glad and honoured the word of the Lord; and all who were appointed for eternal life believed. ⁴⁹The word of the Lord spread through the whole region. ⁵⁰But the Jewish leaders incited the God-fearing women of high standing and the leading men of the city. They stirred up persecution against Paul and Barnabas, and expelled them from their region. ⁵¹So they shook the dust off their feet as a warning to them and went to Iconium. ⁵²And the disciples were filled with joy and with the Holy Spirit.

Acts 13:48-52

Prayer

Father in heaven,
fifty days have celebrated the fullness
of the mystery of your revealed love.
See your people gathered in prayer,
open to receive the Spirit's flame.

May it come to rest in our hearts
and disperse the divisions of word and tongue.
With one voice and one song
may we praise your name in joy and thanksgiving.
Grant this through Christ our Lord.ⁱⁱ
Amen

Scripture

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

(Galatians 5:22-25)

Reflection

Jesus lived his life full of the Holy Spirit and full of joy.

As the disciples began to minister in his name, they too were filled with joy and the Holy Spirit.

Paul reminds us that "the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit". (Romans 14:17-18)

And joy is a fruit of the Holy Spirit. (Galatians 5:22)

Where the Holy Spirit is present, there is not only power, but also joy. It simply grows in the presence of the Spirit, just as fruit grows on a fruit tree.

Where do you see the joy of the Holy Spirit in the world around you?

Where do you see the joy of the Holy Spirit in your own life?

Does the description "full of joy and the Holy Spirit" fit the way you are living your life?

Reflect on ways you can allow joy to flourish more abundantly in your life.

SILENCE

Song

Breathe on me, breath of God,
Fill me with life anew,
That I may love what Thou dost love,
And do what Thou wouldst do.

Breathe on me, breath of God,
Until my heart is pure,
Until with Thee I will one will,
To do and to endure.

Breathe on me, breath of God,
Blend all my soul with Thine,
Until this earthly part of me
Glow with Thy fire divine.

Breathe on me, breath of God,
So shall I never die,
But live with Thee the perfect life
Of Thine eternity.

Scripture

Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. ²¹ A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. ²² So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy. ²³ In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. ²⁴ Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

John 16:20-24

Prayer

Hail, O power of the Son!
Hail, O beauty of the Father!
Hail, O Spirit most pure,
Bond of the Son and the Father!
O Christ, send down on me
This Spirit with the Father,
That he may sprinkle my soul with his dew
And fill it with his royal gifts.ⁱⁱⁱ

Song

Water you turned into wine, opened the eyes of the blind, there's no one like You, none like You!
Into the darkness you shine, out of the ashes we rise, there's no one like You, none like You!
Our God is greater, our God is stronger, God you are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!

Into the darkness you shine, out of the ashes we rise, there's no one like You, none like You!
Our God is greater, our God is stronger, God you are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!

Our God is greater, our God is stronger, God you are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!

And if our God is for us, then who could ever stop us?
And if our God is with us, then what could stand against?
And if our God is for us, then who could ever stop us?
And if our God is with us, then what could stand against, what could stand against?

Our God is greater, our God is stronger, God, you are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!
Our God is greater, our God is stronger, God you are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!
And if our God is for us, then who could ever stop us?
And if our God is with us, then what could stand against?
And if our God is for us, then who could ever stop us?
And if our God is with us, then what could stand against., then what could stand against?

Our God is greater, our God is stronger, God you are higher than any other.
Our God is Healer, Awesome in Power, Our God! Our God!

Benediction

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13



SONGS

Majesty of Heaven – Chris Tomlin (And if our God is for us, Track 4)
Breathe on me, Breath of God – Edwin Hatch (SASB 189, 1987)
Our God - Chris Tomlin (And if our God is for us, Track 1)

GOING DEEPER

Here are some suggestions that may help you to engage more deeply with this Scripture verse.

- **Reflect:**

When you think about joy, what comes to mind?

Think for a moment about these words: “full of joy and the Holy Spirit”. Where do you see them in your life?

Is God calling you to any action so that you might more fully experience the joy of the Spirit?

Think about the times when you have not so clearly felt the joy of the Spirit. What was going on in your life at that time? Is there anything you would like to change in how you experience the Spirit moving in your life?

- **The Bible** is full of God’s invitations to rejoice. Can you think of any examples? Read them through and think about the context and what God is saying. How does our busyness, anxiety or need to achieve hinder our experience of “being full of joy and the Holy Spirit”?
- You could use one of the Bible passages or songs provided in the material to practise **Lectio Divina**.
- **Visualise Scripture!** Read any Scripture passage that talks about the Holy Spirit. After each verse, close your eyes and picture what is being described. What do you see, smell, hear? What would it feel like if you were there? How is God speaking to you through this? You could either record this experience in your journal or share it with someone.
- If you enjoy being **creative**, take some paper and some markers/coloured pencils/paints. Think about the connection between the Holy Spirit and joy. Draw, paint or collage what comes to mind. Ask God to guide your thinking and flip through a magazine or two, tearing/cutting out any pictures or words that fill you with joy. Make a collage from what you gather.
- Go for a **walk**. Take note of where you see expressions of joy. It might be something very simple. Spend time speaking with God about it.
- If you are **sharing** this retreat day with someone else, spend some time worshipping together and praising God for the joy He gives you, even in difficult times.
- If you like to **journal**, make a note of what you have experienced during this retreat time in your journal. A simple way to do this is to:
 - Thank God** for Who He is and what He is doing in your life
 - Notice** what is happening around you and in you
 - Respond** to what God has shown you, by thanking Him, repenting, or recommitting yourself to Him
- **Simply sit in His presence.** We don’t have to do anything to enjoy being in His presence! We are in His will when we are fully and completely in His presence, with our hearts focussed on Him.

EVEN DEEPER

LECTIO DIVINA

Lectio Divina is an ancient spiritual practice from the Christian monastic tradition. Its title derives from the Latin words meaning reading and divine/holy. In Lectio Divina, we seek to experience the presence of God through reading and listening, meditation, prayer, and contemplation. Lectio Divina can be practiced both by individuals and in groups.

Practicing Lectio Divina Individually

1. Text

Begin by choosing a section of Scripture that you would like to read and pray. You can choose the text randomly or use a liturgical book, such as The Book of Common Prayer. Try not to set a goal for how much content you will cover; the goal is to listen for God and to experience his presence.

2. Preparation

Do what you must to quiet and prepare yourself to hear from God. If you need to find a quiet room, sit in silence for several minutes, or sit in a comfortable chair, take whatever posture will help you prepare to receive and experience God's presence.

3. Reading/Listening

When you sense that your heart is prepared, begin by slowly reading the passage of Scripture that you have selected. Move slowly through sentences and phrases. As you read, pay attention to what word, phrase, or idea catches your attention.

4. Meditation

Begin to meditate on the word, phrase, or idea that has captured your attention. Repeat it again and again.

Consider:

What thoughts come to mind as you meditate on this word, phrase, or idea?

What are you reminded of in your life?

What does it make you hope for?

Meditation is no easy task—as you try to concentrate don't be disappointed if random thoughts enter your head. As they do, offer them to God.

5. Prayer

Now begin to speak to God. Tell God what word, phrase, or idea captured your attention and what came to mind as you meditated upon it. How is God using this word, phrase, or idea to bless and transform you? Tell God what you have been thinking and feeling as you've listened and meditated. Tell God how you hope this word, phrase, or idea will change your heart to be more like His.

6. Contemplation

Finish by focusing your attention on the fact that God's presence is with you. If as you try to focus on God's presence you sense a need to read the text again, to continue meditating, or to simply continue talking with God, allow yourself to do so. As you do, know that you are in the presence of God.

THE PRAYER OF EXAMEN

Finding the movement of the Spirit in our daily lives as we review our day.

1. Recognize the presence of God

Be still and know that you are with God.

2. Look at your day with gratitude

Acknowledge God in the big and small things of life.

3. Review your day

When or where in the past 24 hours did you feel you were cooperating most fully with God's action in your life? When were you resisting?

Ask yourself

- What habits and life patterns do I notice?
- When did I feel most alive? Most drained of life?
- When did I have the greatest sense of belonging? When did I feel most alone?
- When did I give love? Where did I receive love?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?

4. Reconcile and Resolve

- Seek forgiveness
- Ask for direction
- Share a concern
- Express gratitude
- Resolve to move forward

Mars Hill Bible Church
marshill.org/teaching/sp

ⁱ J.Brown

ⁱⁱ The Liturgy of the Hours

ⁱⁱⁱ Synesius of Cyrene (c. 370-c. 414)