

## *Ascend Within My Soul*

Holy Spirit ascend within my soul.  
Expose to me the desires and longings of Your love.  
Caress my afflictions and ease my doubts.  
Embrace my weaknesses and make me whole once again.  
Stir my emotions with compassion and mercy.  
Teach me to dream with uninhibited abandon.  
Show me the way to belief in all that is You.  
May each tomorrow begin today, and every yesterday start anew.  
I thirst for more, though I do not know what for?  
I long to sing the song of joy, yet I know not the words.  
My soul has been wounded by the world and by my own hand.  
I dare not trust beyond my fears.  
For they have become my truest friends and most comforting companions.  
How can I forsake that which has been so faithful?  
And yet, how I long to begin again without a single fear...  
O Holy Spirit, in my soul take flight;  
That I may soar to the highest of heights.  
And become a new creation, without want or fear.  
Spirit flow from shore to shore within my soul,  
Leave not one aspect of me unturned.  
Complete me in the fulfillment of Your quest,  
Bringing me to a place of eternal salvation and rest.  
Captivate my thoughts, in the stillness of Your presence.  
In my chaos and unrest, cultivate a sense of peace and happiness.  
Holy Spirit, ascend within,  
Bring new life to me once again.  
Hear my prayer and echo my cry.  
And teach my soul to fly...