

## Open To The Spirit

Not having eyes to see, or thoughts to think, being completely dependent on your trust in the guidance of the Spirit...that is openness!

**“For the Spirit scrutinizes everything, even the depths of God.” 1 Corinthians 2:10**

How often do we pause to stop and ask ourselves throughout the day: “Is God able to move through me right now?” If our hearts are not open to God, then how can the Spirit move through us? As the saying goes: “All things are possible with God.” But this can only occur if God has hearts that are open to work with. So how do we determine if our hearts are opened or closed?

**“For his sake I have accepted the loss of all things and I consider them so much rubbish...” Philippians 3:9**

### Discerning the Openness of one’s heart

- ✘ What is my current state of mind? Am I stressed, angry, anxious, scared, distracted...?
- ✘ What do I desire most in this moment?

In asking these questions we are determining what is on our minds and occupying our hearts. Once we have accomplished this, we can then begin to open our hearts to the Spirit and surrender all that is weighing us down.

Father...enter into the deepest recesses of my heart. Consume all that is burden and all that is strain. Remove all doubts from my mind and let me rest in the comforting caress of Your love.

Throughout your day, enter a space of peace and quiet. Ask yourself these questions and allow yourself to rest in the ever capable hands of God. There is no fear in surrendering to God, there is no worry. Trusting God that He is capable of handling everything in our lives does not seem easy, but the fact remains that God already knows all that is troubling us and He already knows what it will take to heal us. The choice is ours whether or not we decide to be open to the Spirit and to allow God to work in our lives. We hold the key, are we willing to unlock ourselves for God?

**“Now, repeat many times, ‘Come, Lord Jesus!’ and look to see our soul be not one of those souls that say, ‘Do not disturb!’ No! Let ours be great souls - souls open to receive the Lord...” Pope Francis**

*Spirit of God, illuminate our hearts.*

*Instill within us the desire to always be open to the endless wonders of Your love.*

*May we always proclaim with boldness the mercy of Your forgiving presence.*

*May our fondness for one another grow with intensity with each and every encounter.*

*May our peace be found in ever greater multitudes in the embrace of Your grace.*

*May we always be willing to unlock our hearts for God*

*May we never fear what openness to God may bring.*

AMEN