

# Living fire

Never let the fire in your heart go out. Keep it alive. Serve the Lord. When you hope, be joyful. When you suffer, be patient. When you pray, be faithful. Share with God's people who are in need. Welcome others into your homes. *Romans 12:11-13 NIRV*

## Creative idea, circle dancing

God sent his Holy Spirit to guide us to live as Christians, and to help us offer him prayer and praise. The flame symbolises the coming of the Holy Spirit at Pentecost, and the movement of the Holy Spirit now. Try undertaking a simple circle dance together to symbolise the Holy Spirit moving within you.

Choose a gentle piece of music then all join hands in a circle. Gently sway from left to right feeling the rhythm of the music. Be aware of your connection to the people next to you and nominate a leader to guide you in some simple steps or in raising your arms up and down. Try to move together as one. Continue for as long as it feels comfortable.

If dancing is difficult for the participants or there is insufficient space sit and listen to the music, ask people to close their eyes and imagine they are dancing. Feel the presence of the Holy Spirit.



## Prayers

*We pray for the mission undertaken by members of the Mothers' Union around the world, for the Literacy and Development projects and the work to support impoverished families. Help us to do everything that we can to help this valuable work continue so that we can reach out as God's hands to those in need.*

"The divine awakening produces in the soul of the perfect flame of love...that living flame which is the Holy Spirit Himself...this is the operation of the Holy Spirit in the soul that is transformed in love, that His interior actions cause it to send out flames...This flame wounds the soul as it is given, but the wound is tender, and, instead of causing death, it increases life..."

John of the Cross

Dear Lord,

Bless our work as we seek to show your love in our own families, the communities where we live and our family in Christ across the world.

Make us ready to proclaim your message of love, peace and hope and to be prepared to offer a voice of reason in the dissonance of modern life.

Let us be your willing conduits here on earth so that you can use us to fulfil your will in the world as we reach out in love to our brothers and sisters in need. Amen