

# Prayer at Pentecost

Inspiring *each* Generation



## PENTECOST

### Preparing

Jesus said to his disciples:

'Peace be with you.

As the Father has sent me, so I send you.'

When he had said this,

he breathed on them and said to them,

'Receive the Holy Spirit.

Give yourself time to come to greater stillness, letting Christ's peace come to you, letting the breath of the Holy Spirit come to you.

### Remember

The things that energise or motivate you, put wind in your sails, enliven your faith and the way you live it out.

### Give thanks for them

Jesus brought his peace to the disciples and breathed the Holy Spirit into them.

### Let yourself receive his peace and Spirit.

Jesus sent his disciples out – to be his hands and feet in the world.

### How do you let yourself be his hands and feet?

Ask God for the Spirit to continue to energise and grow you in faith and service

### Praying

O come, O Holy Spirit come,  
Come as holy fire and burn in us  
Come as holy wind and cleanse us  
Come as holy light and lead us  
Come as holy truth and teach us  
Come as holy forgiveness and free us  
Come as holy love and enfold us  
Come as holy life and dwell in us.

**Using this Candle Prayer Card**  
In a quiet place, where you feel comfortable, place your night-light on a heat resistant surface. Fold this paper, lengthwise and then fold into three, placing it around the candle with the three prayer sections facing you as shown in the diagram to the left.  
Light the candle. In the stillness and the silence, let the flame focus your thoughts and attention. Let your heart and mind become still. Rest in God's presence.  
Use each of the sections in turn to give focus to your prayer.

This is based on an original idea of the Gloucester Diocese.



**Jesus Said: 'I am the light of the world'**

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