

Guided by a cloud 11 (Exodus 13:21-22)

Today is Pentecost Sunday, the day that Jesus looked down from the right hand of God and blew His Spirit-breath across the glowing embers of His little band of disciples and stirred up a flame that has been burning ever since. There was a sound of rushing wind. There were tongues of fire. Filled with the breath of the Holy Spirit the disciples opened their mouths and spoke. By the end of the day, three-thousand people had been baptized. Three-thousand believed that Jesus died and rose for them. Three thousand received the Holy Spirit and the forgiveness of their sins. Three thousand went back to their homelands and homes, bearing the good news of Jesus. As we come to take communion this morning we can reflect on what Jesus did on the cross and what it means to receive His Holy Spirit.

Worship time

[I cast my mind to Calvary \(O praise the name\)](#)

[Lord I come to you](#)

[Standing in your presence](#)

What can we expect from the Holy Spirit?

We are set free and begin to live our daily lives "in the Spirit", by the Spirit's power (Romans 8:15-17) and are constantly being filled with the Spirit (Ephesians 5:18 and Colossians 3:16).

We can pray in the Spirit and sing praises in the Spirit (See Romans 8:26-27)

Our own spirit becomes more sensitive to "God's Spirit," (Acts 1:17 – prophesy, dreams, visions)

Through the baptism in the Holy Spirit we receive power (Acts 1:8) and ability (Acts 9:17-22)

We become eligible for the Gifts of the Spirit (1 Corinthians 12:1-11)

The spirit satisfies our thirst: "Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst." John 4:13-14.

He unites: "For by one Spirit we were all baptized into one body; whether Jews or Greeks, whether slaves or free;" (1 Corinthian 12:14).

Communion - You may like to light a candle to remind you of God's Holy Spirit resting on you

²⁶ While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

Father, as we take this bread, and remember Jesus' death and resurrection, we ask that you pour Your Spirit on us so we may love one another, work for the healing of the earth, and share the good news of Jesus. Thank you that through the power of the spirit we are brought together as a community. Give us the strength we need to bring love, peace and encouragement to those around us.

Prayer from Ephesians 3:16-19 (the Message) I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you'll be able to take in with all followers of Jesus the extravagant dimensions of Christ's love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God. **Amen**

"Cast all your anxiety on Him because he cares for you" 1Peter 5:7

