

Spirit

*Lord, open my eyes and my ears so that I may be lead by the Spirit.
Amen.*

Hidden Power

JUNE 9, 2017

But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; 10always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies.

2 Corinthians 4:7-10

We all feel at times helpless and hopeless. There is nothing left in us to deal with the challenges beyond what we are capable of. That is when we feel like giving up.

But when we believe that there is another power that belongs to God and not to us, we get to experience the power that is hidden within us. It is the power that holds us when we fall, encourages us when we feel defeated and empowers us when we are completely drained. It is the power of God that does not depend on me.

As we live with this power, we can go through the dark times of our life.

Lord, help me find the power that is hidden within me. Amen.

What Time is it?

JUNE 11, 2017

"...My time has not yet come, but your time is always here."

John 7:6

Jesus said this when his brothers told him not to be scared to go to Jerusalem and show himself. He told them that there was time for everything. But just working hard and doing everything without reading our time is only foolishness.

There is a time to speak and a time to be silent. There is a time to laugh and a time to cry. There is a time to go forward and a time to go backward. There is a time to pray and a time to live out the answer of our prayer. There is a time to learn and a time to put into action what we learned.

We have to meditate everyday to read what time it is.

Lord, when I pray, show me what time it is. Amen.

Two Roads

JUNE 18, 2017

"‘Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. 14For the gate is narrow and the road is hard that leads to life, and there are few who find it.:

Matthew 7:13-14

There are two roads in life: the road that I am called to take and therefore unique to me and the road that I follow mindlessly because everybody else does it.

If I follow the unique road that is specifically given to me, I will be able to find my life but if I follow the road simply because all other people take it, I will lose my life.

It is from courage that I can see the unique road that I am called to take. Following the road everybody else takes may look safe. But since we take that road out of fear, we will not experience the true freedom and fulfillment in that road.

Finding my own way, listening to my own voice and living out my own life; isn't this what life is all about?

*Lord, show me my way. Show me the road that you want me to take.
Amen.*

Each Morning is a New Beginning

JULY 1, 2017

"So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!"

Zechariah 4:6

“You are never too old to set another goal or to dream a new dream.”

- C. S. Lewis

It has been a month since we started Inner Voice. For a month, we started each day with a good thought.

This is the start of a new month. Every morning is a new beginning. The new beginning is right in your heart. As we begin a new day with a new heart, we experience the new life.

If we are in Christ, we become new. When Christ is in us, we can start a new beginning.

Lord, thank you for the new beginning every morning. Help me to start each day with a renewed mind. Amen.

Spiritual Life

AUGUST 9, 2017

"Not by might, nor by power, but by my spirit, says the Lord of hosts.

Zechariah 4:6

We live in a world where the raw power takes the first priority. So, people try to build up the power.

But there are things that cannot be achieved by power. As a matter of fact, the most important things in life cannot be achieved by power. For example, faith cannot be gained by power. Faith comes only when you let down the power that you have and become humble. Love is not achieved by power. You can have love only when you empty your power and let the other come into that empty space.

God did not give us the power but instead God gave us the Spirit. The Spiritual life is the life that is defined by the Spirit.

Lord, fill me with your Spirit. Amen.

Free at Last!

AUGUST 10, 2017

"The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

John 3:8

We do not know what lies ahead of us. What we have today can be gone tomorrow. We are what we are by God's grace. It is by God's grace that we are freed from our bondage.

The Holy Spirit leads our life even though we do not know where we come from or where we go. That is the life of those who are born of the Spirit.

To be led by the Spirit makes us free!

Lord, I want to be led by Your Spirit. Amen.

The Power of the Spirit

SEPTEMBER 8, 2017

"Well then, does God supply you with the Spirit and work miracles among you by your doing the works of the law, or by your believing what you heard?"

Galatians 3:5

Where do we get the strength to go on with our daily living? It comes from the Spirit. When I am discouraged or tired, the Spirit comes and gives me strength. When I am down, the Spirit lifts me up.

There is no one who is immune from being down. When we are down, our will, our conscience and our righteousness all crumble. And we cannot do it alone; It is the Spirit that lifts us up. Faith is our attitude that allows the Spirit to work within us.

Let us start the day anticipating what creative ways the Spirit will work in our lives. Let us ready our hearts with faith.

Lord, help me to believe in the Spirit who takes me beyond my comfort zone and experience the power of the Spirit. Amen.

Pray to be Awake

OCTOBER 19, 2017

"Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints."

Ephesians 6:12-13

Yesterday we reflected that life is a struggle. Our struggle is not against flesh and blood but against things unseen.

We are influenced greatly by the dark powers of the world. Without even realizing, we get swept away by the ways of the world.

Therefore, our struggle is to be awake. We need to pray so that our soul does not get dragged into the darkness. Our struggle is to pray to be always awake.

O Holy Spirit, wake up our sleeping souls. May the Spirit who intercedes for me with a sigh when I pray, open up my eyes. Amen.

Setting the Mind on the Spirit

NOVEMBER 7, 2017

"For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace."

Romans 8:5-6

Setting the minds on the things of the flesh means setting our minds on dark, sinful and negative things. These thoughts make our life dark. If we let our thoughts flow as they wish, often our thoughts move into the direction of the things of the flesh.

We should not let our thoughts flow as they wish. We need a spiritual discipline to guide our thoughts. It is important to be aware of the Spirit within us and let our minds set on the Spirit. Then we will experience life and peace.

Lord, often my thoughts move into the dark place. O Spirit, guide me so that I can set my mind on you. Amen

What Do We Sow?

NOVEMBER 8, 2017

"Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit."

Galatians 6:7-8

We need to reflect on what we're reaping in our lives: eternal things or things that will eventually corrupt. When we carefully see what we are reaping, we will know what we are sowing because whatever we sow, we will reap.

What has eternal value? Love, trust, faith, truth, joy, patience, kindness and mercy: This the eternal life.

Lord, help me to always sow things for the Spirit, through the Spirit.

Amen

The Fruit of the Spirit

NOVEMBER 9, 2017

"By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things."

Galatians 5:22-23

The Spirit is invisible. We can see the Spirit only by the fruit.

Every life has its own fruit. What kind of fruit are we bearing? Do we live in the Spirit?

Lord, help me live in the Spirit. Help me bear the fruit of the Spirit that seeps through my life when I am in the Spirit. Amen

The Spirit, My Friend

NOVEMBER 10, 2017

"Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God."

Romans 8:26-27

The Spirit within me is aching for me. When I am in deep pain, the Spirit feels my pain. When I am sad, the Spirit grieves for me. When I don't know how to pray, the Spirit prays on my behalf.

The Spirit is my friend. My very best friend.

Thank you Holy Spirit for always being with me. When I am lonely, you are right there with me. When I am hurting, you touch me with your gentle hands. Amen

Governed by the Spirit

NOVEMBER 11, 2017

"Not by might, nor by power, but by my spirit, says the Lord of hosts."

Zechariah 4:6

In a society that is governed by might and power, it's rare to hear these words from today's Scripture. When we build our lives with might and power, darkness will take over. When this world is governed by power and might, it will be governed by the darkness.

Power and might will lead us to corruption, but the Spirit of God will give us life.

Oh Holy Spirit, take control of my life. May my life be led by Your Spirit, not governed by power nor by might. Amen

Humility and Purity

FEBRUARY 8, 2018

"At that time the disciples came to Jesus and asked, 'Who is the greatest in the kingdom of heaven?' He called a child, whom he put among them, and said, 'Truly I tell you, unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven.'"

Matthew 18:1-4

Memory Verse: "Whoever becomes humble like this child is the greatest in the kingdom of heaven." (Matthew 18:4)

What does it look like to be humble like a child?

Children are weak and yet there is no pretension in them. They don't even pretend to be humble. They don't know how to manipulate others. They don't know how to hide their weaknesses. They are as they are.

We come before God as naked as we are. That is humility.

Purity and humility go together.

Lord, help me to have your purity. Amen.

Actions From the Heart

MARCH 7, 2018

"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven."

Matthew 5:17-20

Memory Verse: “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil.”
(Matthew 5:17)

The true righteousness is not what we do on the surface. The true righteousness comes from our heart and from the heart, righteous actions should come. The prophets proclaimed what was in their hearts. They proclaimed God’s heart. All our actions should come from our heart. Then the spirit of the Law will be honored.

St. Paul said that the letter kills but the Spirit gives life.

Lord, let my actions come from my heart. Amen.

When In Life We Face Life's Difficulties

APRIL 25, 2018

"‘As for yourselves, beware; for they will hand you over to councils; and you will be beaten in synagogues; and you will stand before governors and kings because of me, as a testimony to them. And the good news must first be proclaimed to all nations. When they bring you to trial and hand you over, do not worry beforehand about what you are to say; but say whatever is given you at that time, for it is not you who speak, but the Holy Spirit. Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; and you will be hated by all because of my name. But the one who endures to the end will be saved."

Mark 13:9-13

Memory Verse: “But the one who endures to the end will be saved.” (Mark 13:13)

When we face life's difficulties, we have two things to remember. First, we have to listen to the guidance of the Holy Spirit. Second, we need patience to endure to the end. But we often let our emotions dictate our lives and we pay attention only to our situations when we face difficulties. In that way, we cannot listen to the guidance of the Holy Spirit and we get easily frustrated and give up. Let us remember two things: the guidance of the Spirit and the patience to endure.

*Lord, open my eyes and my ears so that I may be led by the Spirit.
Give me the strength to endure to the end. Amen.*

Being Led Into The Truth

MAY 9, 2018

"O give thanks to the Lord, call on his name, make known his deeds among the peoples. Sing to him, sing praises to him; tell of all his wonderful works. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Seek the Lord and his strength; seek his presence continually."

John 16:12-14

Memory Verse: "When the Spirit of truth comes, he will guide you into all the truth." (John 16:13)

Truth is not what we discover. Truth is something which we are led into. The Spirit of truth guides us into the truth. When we are led into the truth, we will have true understanding and conviction. Then that truth will set us free.

Oh Spirit, guide me into all the truth. Amen.

The Path of Life

MAY 17, 2018

"I keep the Lord always before me; because he is at my right hand, I shall not be moved. Therefore my heart is glad, and my soul rejoices; my body also rests secure. For you do not give me up to Sheol, or let your faithful one see the Pit. You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures for evermore."

Psalm 16:8-11

Memory Verse: “You show me the path of life.” (Psalm 16:11)

God always shows us the path of life. Even though dark clouds may cover us and the shadow of death may surround us, we can see the path of life because God will show that to us. Then we will experience the fullness of joy and eternal pleasures.

Lord, thank you for showing me the path of life. My soul praises you with great joy. Amen.

Rivers of Living Water

MAY 19, 2018

"On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water."' Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified."

John 7:37-39

Memory Verse: "Out of the believer's heart shall flow rivers of living water." (John 7:38)

Our existence should not be like stagnant water. Our existence should be like rivers of living water flowing within us. We cannot create the living water. The Spirit gives us the living water. Let us be conscious of the Spirit within us. Let us leave our lives in the Spirit. The Spirit will quench our thirst.

Oh, the Spirit within me, quench my thirst and let the rivers of living water flow within me. Amen.

The Spirit Gives Hope

MAY 20, 2018

"Then he said to me, 'Mortal, these bones are the whole house of Israel. They say, "Our bones are dried up, and our hope is lost; we are cut off completely." Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord."

Ezekiel 37:11-14

Memory Verse: "I will put my spirit within you, and you shall live." (Ezekiel 37:14)

God's Spirit makes us alive because the Spirit gives us hope. When we have hope, we will live. We can overcome even death. Hope is our strength. God gave us the Spirit so that we can see the light in darkness and hope in despair.

The Spirit of the living God, fall fresh on me. Give me hope and help me to live with the hope given to me. Amen.

God's Children

MAY 27, 2018

"For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him."

Romans 8:14-17

Memory Verse: "For all who are led by the Spirit of God are children of God." (Romans 8:14)

People who are led by the Spirit have confidence that they are children of God. When we have confidence that we are children of God, we can overcome our fear. When Jesus first started the ministry, he was baptized and the Holy Spirit came down on him and let Jesus know that he was the Son of God. Soon after that, Satan came to Jesus and tempted him, asking him to prove that he was the Son of God. The most important thing that we need to always keep in mind is that we are the children of God.

Lord, thank you for making me your child. Amen.