

Faith Life Weekly 9/22/09

Reflection:

Let's do some thinking about the "spirit", specifically the "sprit" of someone. You all know happy spirited people no doubt. You also know sad spirited people. For these we prayer each day. You may have also encountered a mean spirited person. For these people we also pray.

A times we may say, "that person" is a rather "spirited" soul". Or, we may think of the unruly child at school as being very spirited.

What I would encourage you to think about is the "spirit" that resides in you. At baptism you were granted the very spirit of God.

There is also the "spirit" of a place. Have you ever noticed that when you walk into a home, you can tell what the spirit of the place is? You get a whiff of the smells of home. You see the pictures hanging on the wall, how the furniture is arranged, if people live there, (There must be messy corners somewhere), and of course the spirit of the family of the home that live there.

Of the programs that my wife and I like to watch on Home and Garden TV one is a program designed for house sellers. What they suggest is for the house seller to take his or her spirit out of the place; in other words, all the family photos, all your particular and specific styles and colors, need to be removed in order to accommodate the prospective home buyer so that he or she can actually see his or her spirit coming alive in the place.

I can also tell you about the spirit of living in the Hills. We lived there for a time as a family. I understand why the Native Americans honored the Hills as a spiritual place. When my friend, Will, and I summited the top of a mountain called Bear Butte as the pinnacle to a 5 year back pack journey I learned just how important the Hills were for Will, my part Lakota friend. I have also discovered a spirit of the plains while living here in Grand Island.

Do you have a celebrative spirit today? Do you honor a rather conservative spirit or do you like more the direction of a liberal spirit? Do you hold within you a welcoming spirit? Or are you one who rather stays back in the crowd and appreciates the silence and quiet by yourself. I have some friends whom in retirement moved into an apartment complex. They introduced themselves to the guy across the hall. He promptly told them that he was a recluse, been that way all his life, didn't need any friends, and planned to keep it that way until the day that he died. Phew! I suppose we could say we need to pray for this guy as well. But really – how is it for you? How is it with your spirit?

One of the touching stories of the Bible is when Jesus breathed on his disciples, no he physically breathed on the disciples, he really did. The biblical word for that is "Ruach" or "Breath of God" .. Jesus breathed on his disciples and said to them, "Receive the Holy Spirit".

I just wonder if God intended it that way because to be quite honest there are times when we are out of breath. We need a little more to go on.. We need help. And believe it, God breathes on us. God physically breathes on us. Some time when you have more time read the story in Ezekiel 37. Israel was nothing but a valley of dry bones but God said to the bones, God said, "Wake up!" so they all snapped and popped to attention – no pun intended.. and sinews were laid on those bones, and they were filled with the breath of God and they began to dance. Imagine that - a bunch of bones dancing their way through the desert.

Well isn't that about what you and I do each day when we awaken from our slumber and get our days going... or maybe its like that in the last quarter of the game, the last period of the game, and we need a little something extra, and God breathes on us.

I like to call this God's second wind, God's - second wind.

SONG:

"Breathe" by Rebecca St. James and Michael W. Smith

(Listen at: www.youtube.com/watch?v=NQPbHwwEBv4; <http://www.youtube.com/watch?v=Oad8ov10AjY>
www.Youtube.com/watch?v=Cx7qjwIwXxM&feature=fv

This is the air I breathe.

This is the air I breathe.

Your holy presence living in me.

This is my daily bread.

This is my daily bread.

Your very Word spoken to me.

And I, I'm desperate for you.

And I, I'm lost without You.

This is the air I breathe.
This is the air I breathe.
Your holy presence living in me.

And I, I'm desperate for You.
And I, I'm lost without You.

Desperate for You,
(Lost without You, lost without You, lost without You.)
I'm lost without you.
I'm desperate for you.

And I, I'm desperate for You.
And I, I'm so lost without You.
And I, I'm desperate for You.
And I, I'm lost without You.
I'm lost without You.

(I)
I'm lost without You, Jesus.
(I'm lost without You.)
I'm lost without You.
(I)
I'm desperate for You.
(I'm desperate for You.)

Prayer:

God, you go ahead and breathe that breath in us, because we are in need of it. For all the days when it is hard to get going, breathe into us, breathe so we get a kick start. For all the days when we are in the celebrative mood, fill our joys with your breath. For all the days when we too are a bit mean spirited, breathe a mighty wind to break down our pride and our strong wills. For all the days when we are a bit sad, breathe new life into us. God, you go ahead and breathe right into us. Breathe. Breathe. Amen.

R.F.