

LIFE IN THE SPIRIT

“LIVING IN GOD’S LIFE”



“Living in the Spirit,” harmonizes deeply with the work of the **Holy Spirit** and biblical teaching. It’s about **being present with God in each moment**, guided by the Spirit’s presence and peace.

† **1. Recognize that God is in the present:** “Be still, and know that I am God.” — *Psalms 46:10*

God’s presence isn’t confined to the past or future; He reveals Himself in the **present moment**.

When you’re fully attentive to “now,” you open yourself to **encounter God as “I AM”** — His very name (Exodus 3:14) reflects His eternal, present-tense nature.

Living in the Now, then, becomes **living with God in the present**, trusting that His Spirit is active here and now.

✞ **2. Let the Holy Spirit anchor you in the moment:**

“The Spirit helps us in our weakness...” — *Romans 8:26*

The Holy Spirit grounds you when your mind races toward anxiety, regret, or distraction.

When you feel pulled into worry or guilt, pause and ask:

“Holy Spirit, remind me You are here with me.”

“Help me breathe Your peace into this moment.”

That simple turning of attention is itself a **prayerful act of presence**.

☪ **3. Practice “Spirit-led mindfulness”**

You can approach mindfulness not as self-centered awareness, but as **Christ-centered awareness** — noticing God’s presence in ordinary life.

Examples:

Breath prayer: As you inhale, pray silently, “Come, Holy Spirit.”

As you exhale, “Fill me with Your peace.”

Attentive gratitude: When drinking water, thank God for the gift of refreshment.

When you see light, remember Jesus is the Light of the World.

Listening presence: When someone speaks, silently invite the Spirit to help you truly listen, without rushing to respond.

♥ **4. Trust God with past and future:** “Do not worry about tomorrow...” — *Matthew 6:34*

Jesus’ teaching here is the essence of living in the Now: trusting that God holds your tomorrow, freeing you to **live faithfully today**.

The Spirit strengthens this trust — He reminds you that you’re never alone and that grace is sufficient for this very moment (2 Corinthians 12:9).

✠ **5. Live in “kairos,” not just “chronos”:** Greek distinguishes between:

Chronos — ordinary, ticking time.

Kairos — the *right, Spirit-filled moment* where God acts.

To live in the Now with the Holy Spirit is to **notice and respond to kairos moments** — times when God nudges you to speak, pray, rest, or love someone. This sensitivity grows through prayer, stillness, and obedience.

🙏 **A simple daily prayer:** “Holy Spirit, help me to be fully present —to this moment, to the people before me, and to You within me. Teach me to live here and now, where Your grace meets me.”

☼ Daily Practice: Living in the Now with the Holy Spirit

1. Centering in God's Presence (2–3 minutes)

Scripture: “Be still, and know that I am God.” — *Psalms 46:10*

Practice: Sit comfortably and take slow, gentle breaths.

As you breathe in, pray silently: ☞ “Come, Holy Spirit.” As you exhale, pray:

☞ “Fill me with Your peace.”

Feel the Spirit's presence — not far away, but *within* and *around* you, here and now.

Let go of thoughts about the past or future. You don't have to chase or fix them. Simply rest with God in the present.

2. Reading the Word (5 minutes)

Choose a short passage each day — perhaps from the Psalms, Gospels, or Epistles.

Examples for “living in the Now”:

Matthew 6:25–34 — “Do not worry about tomorrow.”

John 15:4–5 — “Abide in Me, and I in you.”

Galatians 5:22–25 — “Walk by the Spirit.”

Ask: “Holy Spirit, what are You showing me right now — in this moment — through these words?”

Don't rush. You're not trying to “study” as much as to *listen*.

3. Awareness and Surrender (2–3 minutes)

After reading, ask:

What is the Holy Spirit inviting me to notice *today*?

Where can I live more attentively to God's presence — in my thoughts, my work, my relationships?

Then pray:

“Lord, this day is Yours.

Help me stay awake to You in each moment.

When I drift into worry, bring me back to Your presence.”

4. Practice Presence Throughout the Day

You can weave “Now awareness” into ordinary moments:

Before a meeting or task: pause and whisper, “Holy Spirit, be here with me.”

When you feel anxious: take a breath and say, “I am here. God is here.”

When you see beauty: thank God for this glimpse of His goodness.

When interrupted: ask, “Lord, how can I love here and now?”

This keeps you attuned to the Spirit's quiet leading — a way of walking in the “kairos” moments God places before you.

5. Evening Reflection (3–5 minutes)

Before bed, take a few moments to look back over your day *with God*, not in guilt but gratitude.

Ask:

Where did I feel close to the Holy Spirit today?

Where did I drift away or get lost in worry?

What moment today felt like a gift from God?

Then pray:

“Thank You, Holy Spirit, for being with me in every moment.

Teach me to see You more clearly tomorrow. Amen.”

✿ Living in the Now with the Holy Spirit — 7-Day Devotional

Day 1 — Be Still and Know

Verse: “Be still, and know that I am God.” — *Psalm 46:10*

Reflection: The Spirit meets you in stillness, not in striving. You don’t have to earn God’s presence — He’s already here.

Prayer: “Holy Spirit, quiet my heart so I may know You are near.”

Practice: Take one minute today to breathe slowly and say:
“God is here. I am here. That is enough.”

Day 2 — The Grace of This Moment

Verse: “My grace is sufficient for you.” — *2 Corinthians 12:9*

Reflection: You don’t need strength for tomorrow — only for this moment. The Spirit’s grace meets you right where you are.

Prayer: “Spirit of grace, help me rest in the sufficiency of this moment.”

Practice: Whenever you feel overwhelmed, whisper: “Sufficient grace. Right now.”

Day 3 — Walking by the Spirit

Verse: “Since we live by the Spirit, let us keep in step with the Spirit.” — *Galatians 5:25*

Reflection: Living in the Now is not passive — it’s *walking* with God’s rhythm. The Spirit sets the pace; you follow one step at a time.

Prayer: “Holy Spirit, tune my pace to Yours today.”

Practice: Before each new activity, pause for three slow breaths and ask:
“What is the Spirit leading me to do right now?”

Day 4 — Freedom from Worry

Verse: “Do not worry about tomorrow.” — *Matthew 6:34*

Reflection: Worry lives in the future; faith lives in the Now. The Spirit teaches you to trust God with what hasn’t yet come.

Prayer: “Spirit of peace, free my mind from tomorrow’s fears.”

Practice: When you catch yourself worrying, pray aloud: “Jesus, I trust You with tomorrow.”

Day 5 — God in the Ordinary

Verse: “Whatever you do, do it all for the glory of God.” — *1 Corinthians 10:31*

Reflection: Every moment — washing dishes, driving, working — is holy ground when you’re aware of God’s presence.

Prayer: “Holy Spirit, open my eyes to see You in the ordinary.”

Practice: Choose one simple act today (washing hands, making tea, walking) and do it *slowly*, as an act of prayer.

Day 6 — Listening with Love

Verse: “Everyone should be quick to listen, slow to speak.” — *James 1:19*

Reflection: To live in the Now is to *listen fully* — to people, and to God. The Spirit speaks through silence, words, and moments of connection.

Prayer: “Spirit of wisdom, help me listen with my heart.”

Practice: In one conversation today, focus completely on the other person — no rushing, no formulating replies — just presence.

Day 7 — Abide in Me

Verse: “Abide in Me, and I in you.” — *John 15:4*

Reflection: Abiding means resting, remaining, staying connected. The Spirit unites you with Christ — moment by moment, breath by breath.

Prayer: “Holy Spirit, keep me abiding in Jesus today.”

Practice: When you wake or before sleep, place your hand on your heart and say:
“Christ in me, the hope of glory. I rest in You.”

✿ Closing Thought

Living in the Now with the Holy Spirit is not about escaping life — it’s about awakening to God’s presence *within* it.

Each moment is a chance to meet the eternal “I AM.”



BE STRESS FREE RELIEF - NO COST!!

10 minutes each time morning/night - **do the breathing/prayers throughout the day.**

Morning: Dial: 1-800-700-7000. While waiting say PRAYER #1 below. (BREATHE - do this thru the day)

Night: Dial: 1-866-987-7729. While waiting to talk say PRAYER #2 below. (do this thru the day).

WHAT TO SAY (examples): Hi, I'm _____. I'm struggling with my Christianity and finances.

I'm feeling _____. Can you pray for me?

When I was a young girl I always felt (lonely, sad, scared) because _____.

Can you pray for me?

Right now, I'm feeling confused about my future (talk about it) _____.

Can you pray for me?

PRAYER #1: (stops STRESS / ANXIETY - BREATHE THROUGHOUT THE DAY and focus on the NOW in your life not problems!!)

1) Close your mouth & BREATHE in & out slowly thru your nose into your stomach (5x)

2) Keep breathing and look up and FIX YOUR EYES ON JESUS (5x)

3) Next as you do #2 above start to say (either verbally or in your heart), "JESUS" (5-10x)

4) Now, put your hand(s) on your spiritual heart (your spirit where Jesus lives).

5) Pray: **Jesus You live in my heart. I'm sorry I don't spend more time with You. I'd like to learn to walk in YOUR LOVE, PEACE, JOY all the time!! Holy Spirit, teach me to LIVE IN THE SPIRIT "IN THE NOW". I give You all my anxieties, fear, & control of everything in my life. Melt them away. Help me to no longer focus on the past or worry about the future. I desire to live "in & with" You and You "in & with" me - ALL THE TIME!! Holy Spirit remind me when I get off track to return to You - lovely You!!**

Fall upon me now - fill me completely in my spirit, soul (mind, will, emotions), and throughout every cell in my body. Take control of me throughout my day. I love You Father God, I love You Jesus, I love You Holy Spirit.

Do this throughout the day - even breathing through your nose takes the attention off life's trial in order to focus on the breathing!!

PRAYER #2 (EXPERIENCE GOD'S PRESENCE & SPIRITUAL WARFARE)

Praise: (look up at Jesus and praise God. This will help you experience God's presence:

I praise You God Almighty. I worship You Jesus. I love You Holy Spirit. Father You are good. Bless You Father God. Thank You Jesus for shedding Your blood. I am a forgiven, Spirit-filled, loved, anointed, child of God. Bless You Jesus!!!

Repent: Father God, I come to You thru faith in the shed blood of Jesus Christ for forgiveness of my sins. Forgive me for _____. Lord Jesus come cover me with Your blood bringing forgiveness, healing, peace, power, access to You.

Rebuke (outloud): Satan I rebuke you & your: lying, compulsive, addictive, oppressive, tormenting spirits & your spirits of fear, infirmity, lust, etc. I take the authority I have in Christ Jesus and command you and your demons to get away from me & go to Jesus. He will deal with you.

Ask: Now Holy Spirit will You come fall upon me - come fill me in my spirit, my mind, my will, my emotions, & throughout every cell in my body. Fill me sweet Spirit - fill me completely. I need You Holy Spirit. I need You so much. I am Yours.

(start to praise/worship here also. BELIEVE God is filling you & thank Him for filling you!)

Yield: I turn my will and my life over to You Jesus. Come and take control of me. I yield to You every part of my life. My whole being, my finances, my cares, my worries, my sexuality, my future, my dreams, my (future) spouse, etc. You are MY HOPE. You are MY LIFE. You are MY LORD. You are MY ALL AND IN ALL!! etc. I am an anointed, blood bought, born again, Spirit-filled, child of God. I am loved & accepted by God!

P.R.A.Y. Praise - Repent - Rebuke - Ask - Yield

I LOVE YOU HOLY SPIRIT!!