



Day 7 - Help

Facing our fears - receiving the Spirit



This picture was drawn by Esther Connon to illustrate her book **'Night Night Lily'**. It is a beautiful book; with very little text, the pictures tell the story.

'Darkness seeped in from every crack, from every space, from every gap. Before very long it would be all around and with it she knew it would steal every sound'. **We've all been there haven't we as the light is turned out** and one listens as the parent's footsteps recede into – silence!

But – it goes on – 'as she lay in her bed with her eyes closed tight, he crept in with the shadows to bid her goodnight'.

Lily is joined by her lion friend – **all fear disappears** and we see them cosily ensconced in a tent of bedclothes as she reads stories to him. Exciting adventures follow in the air and on the sea. As sleep draws close they return and it is only when Lily is fast asleep that the lion leaves – you see his tail disappearing out of the door on the last page. **'Night Night Lily.'**

Think for a few moments about the story and see whether it relates to you. **Look at the picture closely** and see whether it speaks to you.

Take time to write down the things that make you anxious & fearful. Be silent and, **holding God's hand**, ask Him to help you face your fears.

Pray that, as Pentecost approaches,
you will be filled with the Holy Spirit.

The Holy Spirit is the life of Jesus in us helping us to share Jesus with our friends. **Pray today that your five friends will come to know the love of Jesus for themselves.**

Give me a candle of the Spirit, O God,
as I go down into the deeps of my being.
Show me the hidden things,
the creatures of my dreams,
the storehouse of forgotten memories and hurts.
Take me down to the wellspring of my life
and tell me my nature and my name.
Give me freedom to grow,
that I may become that self,
the seed of which you planted in me at my making.
Out of the deep I cry to you, O God

Morning Prayer, Sheldon