



Day 6: YOU ARE HIS SON/DAUGHTER

I John 3:1

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

DAY 6 Morning Prayer:

Psalm 5

Lead me, LORD, in your righteousness

¹ Listen to my words, LORD,
consider my lament.

² Hear my cry for help,
my King and my God,
for to you I pray.

Lead me, LORD, in your righteousness

³ In the morning, LORD, you hear my voice;
in the morning I lay my requests before you
and wait expectantly.

⁴ For you are not a God who is pleased with wickedness;
with you, evil people are not welcome.

Lead me, LORD, in your righteousness

⁵ The arrogant cannot stand
in your presence.

You hate all who do wrong;

⁶ you destroy those who tell lies.

The bloodthirsty and deceitful
you, LORD, detest.

Lead me, LORD, in your righteousness

⁷ But I, by your great love,
can come into your house;

in reverence I bow down
toward your holy temple.

⁸ Lead me, LORD, in your righteousness
because of my enemies—

make your way straight before me.

Lead me, LORD, in your righteousness

⁹ Not a word from their mouth can be trusted;
their heart is filled with malice.

Their throat is an open grave;
with their tongues they tell lies.

¹⁰ Declare them guilty, O God!
Let their intrigues be their downfall.

Banish them for their many sins,
for they have rebelled against you.

Lead me, LORD, in your righteousness

¹¹ But let all who take refuge in you be glad;
let them ever sing for joy.

Spread your protection over them,
that those who love your name may rejoice in you.

¹² Surely, LORD, you bless the righteous;
you surround them with your favor as with a shield.

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever.**

Amen.

Lead me, LORD, in your righteousness

MEDITATION

YOU ARE HIS SON, HEART OF MY LONGING. When all heaven gazes upon you, they know who you are, though, at times you might forget. They never forget. Nothing you do changes this truth. It is who you are. This word defines your very being – son/daughter. It is time for this revelation to settle into every fiber of your being. Let them no longer just be a pious thought or a pollyannic idea. This truth is the essence which gives life in the midst of darkness and direction on the many branched road of confusion. The point which leaves many a soul lost, and drifting is that have they have never known who they are, or they have forgotten. As one gazes into the waters of baptism this revealing light burst forth into the soul. Stand over the font and see. Look, it is you, daughter of God/son of God.

You, Heart of My Longing, are no less than a son/daughter of God. That is who you are. Live from this center and you will live beyond living what you could live by yourself. Know who you are and whose you are. Your Father gazes on you with great delight, His lips with joy speak, “Daughter, daughter, daughter/Son, son, son,” His heart swelling with love by the sight that fills Him. Let the deception of self-creation wash away in the light of this truth. Return to who you are and cease being that which is not. It is time to be. It is time to stand and say, “I am My Father’s son/daughter.”

JOURNAL EXERCISE:

In the depth of your being do you see being a son/daughter of God as the core of who you are, or do you have another definition of your being? If you do have another definition, what is it?

How do you think your life would change if you believed this truth?

Search for the Hillsong song, “*Who You Say I Am.*” Listen to this song with a heart ready to soak in its truth. Write about your thoughts or feelings from this experience.

Spiritual Exercise

Throughout the day make it your constant aim to pray the Declaration for the Day.

Try to memorize the scripture for today.

With whom can you share today’s experience with the Holy Spirit?

DECLARATION FOR DAY 6:

Throughout the day come back to this prayer and pray it from your heart.

Every day I am growing
in the knowledge of being a child God.



DAY 6 Evening Prayer:

Act of Consecration to the Holy Spirit

On my knees before the great multitude of heavenly witnesses

-
the Glorious Theotokos, the God Bearer, the Mother of God;
with the Seraphim and Cherubim;
with Thrones, Dominions, Virtues and Powers;
with Archangels, Principalities, and Guardian Angels;
and all the Saints.

I offer myself, spirit, soul, and body to You,
Eternal Spirit, Lover of My Soul.

I adore the brightness of Your purity,
the unerring keenness of Your justice,
and the might of Your love.

You are the Strength and Light of my all I am.
In You I live, and move, and have my being.
I desire never to grieve You by unfaithfulness to Your grace
and I pray with all my heart to be kept from the smallest sin against You. Merciful Spirit of
Truth,
guard my every thought and grant that I may always watch for Your light,
listening to Your voice,
following Your gracious inspirations.

I cling to Your covenant and give to You,
myself,
completely,
without reserve,
Love of my love,
Life within my life.
I ask You in Your infinite compassion to watch over me for I am weak and small.
I need Your help, Holy Spirit.

Gazing with love and gratitude upon the Cross,
holding the pierced feet of Jesus,
looking at his five wounds,
trusting in his precious blood,
and adoring his open side and pierced heart,
I implore You,
Spirit of Oblation,
You who are worthy of my adoration,
Helper of in my infirmity,
to keep me in Your Divine Life of sanctifying grace that I may never sin against You ever
again.

Holy Spirit, Triune God,
Spirit of the Father and the Son,

help me to pray to You in all situations,
“*Speak Lord for your servant is listening,*”
that I might always know and do the Father’s will in all things and at all times.
In Jesus name.
Amen.

REVIEW OF DAY:

What sticks out to you from today’s encounter with the Holy Spirit?

How do you think today’s encounter with the Holy Spirit will affect your life?

With whom did you share today’s encounter? How did they respond?

Prayer of St Augustine to the Holy Spirit

Breathe into me, Holy Spirit,
that my thoughts may all be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I may always be holy.

Further Thoughts: