



DAY 31: ONE STEP AT A TIME

Genesis 1:1-2

In the beginning God created the heavens and the earth.

² Now the earth was formless and empty,
darkness was over the surface of the deep,
and the Spirit of God was hovering over the waters.

DAY 31 MORNING PRAYER:

Psalm 63

I will praise you as long as I live, and in your name I will lift up my hands.

¹ You, God, are my God,
earnestly I seek you;

I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.

I will praise you as long as I live, and in your name I will lift up my hands.

² I have seen you in the sanctuary
and beheld your power and your glory.

³ Because your love is better than life,
my lips will glorify you.

I will praise you as long as I live, and in your name I will lift up my hands.

⁴ I will praise you as long as I live,
and in your name I will lift up my hands.

⁵ I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

I will praise you as long as I live, and in your name I will lift up my hands.

⁶ On my bed I remember you;
I think of you through the watches of the night.

⁷ Because you are my help,
I sing in the shadow of your wings.

I will praise you as long as I live, and in your name I will lift up my hands.

⁸ I cling to you;

your right hand upholds me.

⁹ Those who want to kill me will be destroyed;

they will go down to the depths of the earth.

I will praise you as long as I live, and in your name I will lift up my hands.

¹⁰ They will be given over to the sword

and become food for jackals.

¹¹ But the king will rejoice in God;

all who swear by God will glory in him,

while the mouths of liars will be silenced.

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.

I will praise you as long as I live, and in your name I will lift up my hands.

MEDITATION

ONE STEP AFTER ANOTHER IS HOW CREATION IS DESIGNED TO WORK, HEART OF MY LONGING. Let your imagination take you, for just a moment, to seeing how vast is the expanse of the universe, and the intricacies of all that I have made. I am God. I am all-powerful. I could have, as you say, snapped My fingers and all that is could have come to be, instead I took 6 days, periods, stages to create. Each day of the Creation Account is building on the day before, with each day the creation became more and more complex until it reached its height and purpose, which is mankind. Each day I labored making sure to complete that which was needed for the rest of creation. Everything I made is intertwined with other elements of creation, thus weaving a complete picture of what I wanted to be. I have chosen that word correctly when I said that each day I labored. Each day was a day of fine art, masterfully crafted and formed. Each day would leave the greatest scientists in awe of the complexity of the slightest of My creations. There are things that will never be discovered by man outside of eternity that causes My heart to be filled with joy when I gaze upon it, even to this day. What I am trying to say is that because I am God, I could have made all that is in a simple moment, but I took a period of time to fulfill My purposes and plans.

Taking time is an expression of patience, My Co-creating Friend. I have wired the Way of Patience into My plans and purposes. When you do not recognize my strategy of taking time, patience, you run the risk of living a life of frustration which then can easily lead to anger. Do you see the progression? The enemy knows My strategy works, and so he entices you to move quickly through the process, and since moving quickly is not My plan, you end up frustrated. Patiently taking one step at a time, fulfilling this step before you move to the next, is how I have designed most things to progress. To think otherwise, or to desire otherwise, is to set yourself up to be devoured by impatience, frustration, which then leads to anger. For some people that anger even leads to resentment, which then unfolds to unforgiveness; unforgiveness leads to retaliation; when retaliation grows by the light of darkness it brings forth hatred; hatred then blossoms into violence, and even, murder. This is the deadening growth process which slays the heart, leaving it to love itself in justification. My heart grieves for these souls with a sigh that is beyond your experience, for it comes out of an unending love for them. Instead of being enticed to this slide into dark obscurity, allow Me to give to you all that you need to walk slowly through every step of your life, be it in your relationships, your goals, and even the spiritual life, gleaning from each step all that I would have you enjoy. I am here, impatiently patient to give you the patience you need to make sure My willed purposes and plans are utterly accomplished. From this day

forward, let us take our time as we watch our plans unfold into something of which we can stand in awe and enjoy.

JOURNAL EXERCISE:

What insights did this bring to you about the fruit of patience?

In what areas of your life is it easy for you to rush and not fully complete what is ahead, leaving you frustrated?

Write a prayer to the Holy Spirit asking Him to help you see the goodness of patience and asking Him for more patience:

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 31:

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

I am patiently awaiting
as I patiently grow in patience.



DAY 31 EVENING PRAYER:

Genesis 1:1-2

In the beginning God created the heavens and the earth. ² Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

Act of Consecration to the Holy Spirit

On my knees before the great multitude of heavenly witnesses

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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?

Come, Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful,
and kindle in them the fire of Your Love.
Send forth Your Spirit and they shall be created,
and You shall renew the face of the earth.
Oh God, Who by the light of the Holy Spirit
instructed the hearts of the faithful,
grant, that by the same Spirit
we may be truly wise and ever rejoice in His consolation.
We ask this through Christ Our Lord.
Amen.

Further Thoughts: