



St Barnabas Cray

"Embrace the Holy Spirit: Life-Giver and Guide"

Weekly Devotional Journey

Monday - The Spirit Leads Us Into Truth

Morning Devotion

Today's Verse

When the Spirit of truth comes, he will guide you into all truth...

He will glorify me. (John 16:13-14)

Devotional Thought

The Holy Spirit's primary role isn't to draw attention to Himself, but to point us towards Jesus—His truth, His authority, and His purposes. Just as Jesus' encounters with people weren't always comfortable but were always transformative, the Spirit works similarly in our lives. He comforts us, yes, but He also convicts and disturbs us out of sin and complacency. This isn't always easy or cosy, but it's necessary for our growth. The Spirit exposes our hearts, reveals our motives, and disrupts our comfortable patterns so that we might know God with both head and heart, becoming more like Jesus on the other side of His gentle correction.

Reflection Question

Where might the Holy Spirit be challenging you to move beyond your comfort zone towards greater truth and Christ-likeness?

From Sunday's Sermon

"The Spirit comforts, yes, but He also convicts and disturbs us out of sin & complacency; so that we know God with head & heart and might grow more like Jesus the other side."

Today's Application

Ask the Holy Spirit to reveal one area of your life where He wants to lead you into greater truth. Be prepared for His gentle conviction and trust His loving process of transformation.

Morning Prayer

Come, Holy Spirit. Lead me into all truth, even when it's uncomfortable. Help me to welcome Your conviction as a sign of Your love, knowing that You are shaping me to become more like Jesus. Give me courage to follow where You lead. Amen.

Evening Devotion

Open to the Spirit's Surprises

Evening Reflection

The Holy Spirit refuses to be boxed in by our expectations or preferences. He works across traditions, in ancient cathedrals and modern conferences alike. When we pray 'Lord, if you want to use this, then I'm open,' we position ourselves to receive His life-giving work in unexpected ways. The Spirit is alive and active, ready to surprise us with His presence and power when we approach Him with humble openness rather than cynical assumptions.

Evening Reflection

How might you be limiting God by assuming He only works in familiar ways?

Evening Prayer

Lord, forgive me for the times I've tried to limit You to my expectations. Help me to be genuinely open to how You want to work in my life, even in ways that surprise or challenge me. Come, Holy Spirit, and work in me according to Your perfect will. Amen.

Tuesday - Beloved Children of the Father

Morning Devotion

Today's Verse

If the Spirit of God lives in you... you received the Spirit of adoption. By him we cry, 'Abba, Father!' (Romans 8:9, 15)

Devotional Thought

Through the Holy Spirit, our relationship with God becomes deeply personal and transformative. Paul uses the word 'krazo'—meaning to cry out loudly and passionately—showing that knowing God as Father isn't merely intellectual but visceral and heartfelt. The Spirit heals our brokenness, restores our identity in the present, and helps us understand how deeply we are loved by the Father. This isn't distant theology but intimate reality. We don't just know about God as Father; through the Spirit, we experience Him as Father, moving from knowledge to deep, settled assurance of our beloved status as His children.

Reflection Question

Do you experience God as a loving Father, or does He still feel distant and impersonal to you?

From Sunday's Sermon

"Through the Spirit, we don't just know of God as Father—we experience Him as Father. The Spirit heals our brokenness, the Spirit heals our past, in our present he restores our identity, and helps us know how deeply we are loved by the Father."

Today's Application

Spend time today simply receiving the Father's love. Ask the Holy Spirit to help you experience, not just understand, your identity as God's beloved child.

Morning Prayer

Abba, Father, thank You for adopting me as Your child through Your Spirit. Help me to know deep in my bones that I am loved, welcomed, and delighted in by You. Heal any wounds from earthly father-figures and establish my identity firmly in Your perfect love. Amen.

Evening Devotion

Sharing the Father's Heart

Evening Reflection

Jesus doesn't hoard His intimate relationship with the Father for Himself—He invites us to share the same liberating experience. In our culture where many have grown up without good father-figures, this invitation becomes even more precious. The Spirit enables us not only to receive the Father's love but to extend it to others who are searching for belonging and acceptance. Our settled identity as beloved children becomes a gift we can offer to a wounded world.

Evening Reflection

How can your experience of the Father's love become a bridge to help others discover their own identity as His children?

Evening Prayer

Father, as I rest in Your love, help me to share this wonderful truth with others who need to know they are welcomed and cherished by You. Use my life to demonstrate Your fatherly heart to those who have never experienced it. Amen.

Wednesday - Spirit Versus Flesh: The Battle Within

Morning Devotion

Today's Verse

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. (Romans 8:5)

Devotional Thought

Paul presents us with two ways of living: by the flesh—our old, sinful nature that is hostile to God, self-indulgent, and spiritually powerless—or by the Spirit, which brings life, peace, and freedom to follow God. Transformation isn't always comfortable; the Spirit often unearths uncomfortable areas like sinful habits, hidden fears, and wrong motives. Yet this process, though sometimes painful, is always good. We cannot aim to be Christians without the life-giving Spirit. Following Jesus merely as an example will leave us overwhelmed by His perfection, and trying to please God through our own works will quickly reveal our spiritual inadequacy.

Reflection Question

In which areas of your life are you still trying to live by your own strength rather than depending on the Spirit's power?

From Sunday's Sermon

"We cannot aim to be Christian's without the Life-Giving Spirit. If we slavishly follow Jesus as an example, his holiness & perfection in the Gospels will overshadow our best efforts."

Today's Application

Identify one area where you've been relying on willpower rather than the Spirit's power. Surrender this struggle to Him and ask for His strength to live differently.

Morning Prayer

Holy Spirit, I acknowledge my need for Your power in every area of my life. Where I've been trying to live by my own strength, I surrender to You. Transform me from the inside out, even when the process is uncomfortable. I trust Your good work in me. Amen.

Evening Devotion

The Giver of All Life

Evening Reflection

When we call the Spirit the 'Giver of Life,' we mean it in the fullest biblical sense. From Creation, when the Spirit hovered over the waters, to our spiritual rebirth when we are 'born of the Spirit,' to the future resurrection when the same Spirit who raised Jesus will give life to our mortal bodies—every breath, every transformation, and every hope of eternity flows from the Spirit's life-giving work. He is the source of all true vitality.

Evening Reflection

How have you experienced the Spirit as the giver of life in your own journey?

Evening Prayer

Spirit of the living God, I thank You for being the source of all life—physical, spiritual, and eternal. Continue Your life-giving work in me, bringing vitality where there is death, hope where there is despair, and transformation where there is stagnation. Amen.

Thursday - Sent on Mission in Spirit Power

Morning Devotion

Today's Verse

But you will receive power when the Holy Spirit comes on you;
and you will be my witnesses... to the ends of the earth. (Acts 1:8)

Devotional Thought

When we pray 'Send us out in the power of your Spirit,' it's not merely a nice ending to worship—it's a commission into spiritual reality. The primary purpose the Spirit is given is for mission. He empowers our character, forming humility, gentleness, and goodness; our habits, giving discipline in prayer and generosity; our relationships, helping us love, forgive, and serve; our witness, giving joy and courage to speak of Jesus; and our wonder, awakening our hearts to God's presence and purposes. The Spirit equips us not just for personal blessing but for Kingdom impact in the world around us.

Reflection Question

How is the Holy Spirit wanting to use you in His mission to bring life and hope to others?

From Sunday's Sermon

"When we pray 'Send us out in the power of your Spirit,' it's not just a nice ending to our worship—it's a commission into a spiritual battlefield."

Today's Application

Ask the Holy Spirit to show you one specific way He wants to use you in His mission this week.
Step out in faith to follow His leading.

Morning Prayer

Holy Spirit, I am available for Your mission. Empower my character, guide my steps, and use me to bring Your life and love to those around me. Give me courage to step beyond my comfort zone for the sake of Your Kingdom. Send me out in Your power. Amen.

Evening Devotion

Finding a Spirit-Filled Community

Evening Reflection

A truly Spirit-filled church isn't defined by style or trend, but by being alive with God's love, generosity, and purpose. Whether through hymns or modern worship, prayer meetings or outreach, what matters is spiritual vitality. We must be open to commit to things that might take us beyond our comfort zones or preferred styles for the sake of spiritual growth. The Spirit calls us into community where we can grow, serve, and be equipped for mission together.

Evening Reflection

Is your church community truly alive with the Spirit, and are you contributing to that spiritual vitality?

Evening Prayer

Lord, help me to be part of a community that is genuinely alive with Your Spirit. Give me grace to look beyond my preferences to embrace what You are doing. Use me to contribute to the spiritual vitality of Your church. Amen.

Friday - Public Power for a Hurting World

Morning Devotion

Today's Verse

For the creation waits in eager expectation for the children of God to be revealed. (Romans 8:19)

Devotional Thought

The Spirit's work begins personally but never remains merely private—His power spills into society with transformative effect. Throughout history, the Spirit has driven Christians to fight for justice, led movements through hardship, and enabled believers to live out God's love in public ways. From apartheid South Africa to Communist Eastern Europe, from Zambia to Uganda, the Spirit has animated the Church to bring life and transformation to communities. When the Spirit is active, the Church doesn't just survive—it transforms societies. His life-giving power propels the mission of Jesus into the world, bringing hope where there is despair and justice where there is oppression.

Reflection Question

How might God be calling you to allow His Spirit to work through you for the transformation of your community?

From Sunday's Sermon

"The Spirit's work may start for personal benefit, but it should never be just contained there. His power spills into society... When the Spirit is active, the Church doesn't just survive—it transforms communities."

Today's Application

Identify one social issue or community need where you could allow the Spirit to work through you.
Take one practical step towards engagement this week.

Morning Prayer

Holy Spirit, don't let Your work in me remain merely personal. Use me as an instrument of Your transforming power in my community and beyond. Show me where You are working for justice and renewal, and give me courage to join You. Amen.

Evening Devotion

Come, Holy Spirit

Evening Reflection

As we conclude this week's journey, we return to the simple yet profound prayer: 'Come, Holy Spirit.' Like Augustine's ancient prayer, we invite the Spirit to breathe in us, move in us, attract our hearts, strengthen us, and guard us that we may be holy. The Spirit who hovered over creation, who raised Jesus from the dead, who birthed the Church at Pentecost, is the same Spirit available to us today. He longs to fill us, lead us, and use us for His glory.

Evening Reflection

What is your heart's deepest prayer to the Holy Spirit as you move forward in your faith journey?

Evening Prayer

Breathe in me, O Holy Spirit, that my thoughts may be holy. Move in me, that my work may be holy. Attract my heart, that I may love what is holy. Strengthen me, that I may defend what is holy. Guard me, that I may always be holy. Come, Holy Spirit, and make Your home in me. Amen.