



## St Barnabas Cray

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# The Spirit Renews: Psalms & Pentecost

## Weekly Devotional Journey

### Monday - The God Who Creates and Sustains

#### Morning Devotion

##### Today's Verse

Lord, you have made so many things. How wise you were when you made all of them. The earth is full of your creatures. (Psalm 104:24)

#### Devotional Thought

Today we begin our journey through the Psalms by contemplating the breathtaking scope of God's creative wisdom. The psalmist doesn't simply observe creation—he marvels at it, overwhelmed by the sheer diversity and intricacy of what God has made. From the vast oceans teeming with creatures 'from largest to the smallest' to the playful Leviathan dancing in the depths, every detail speaks of divine intentionality. This isn't random chance or cosmic accident; it's the work of infinite wisdom. The Hebrew word for 'wise' here suggests not merely intelligence, but practical skill—like a master craftsman who knows exactly what materials to use and how to shape them. When we look at creation through the psalmist's eyes, we're invited into wonder that transforms how we see our

daily world. The sparrow outside your window, the intricate patterns of frost on glass, the complexity of a single leaf—all bear witness to the God who delights in creating. This same creative God who spoke galaxies into existence knows the number of hairs on your head. His wisdom that designed the migration patterns of whales also orchestrates the circumstances of your life. How does recognising God's creative wisdom change your perspective on the ordinary moments of today?

**Reflection Question**

When did you last pause to truly marvel at something God has made, and what might it reveal about His character and care for you?

**From Sunday's Sermon**

"The Psalms show us that God cares about the tiniest details of our daily lives and that he listens to all kinds of prayers."

**Today's Application**

Begin cultivating a habit of wonder by choosing one aspect of creation to observe closely each day this week. Perhaps it's watching clouds form and shift, noticing the intricate design of a flower, or observing how light changes throughout the day. Let these moments become doorways to prayer and praise. In your relationships, practice seeing others as God's creative masterpieces—each person uniquely crafted with divine wisdom. When facing challenges at work or home, remember that the God who sustains vast ecosystems is more than capable of providing for your needs. Before making decisions today, ask for the same wisdom that orders creation to guide your choices. Keep a small notebook or phone app to record moments when you notice God's creative hand at work—these will become fuel for praise during difficult seasons.

**Morning Prayer**

Creator God, open my eyes to see Your wisdom woven through every detail of this day. Help me to move from mere observation to genuine wonder, from taking Your creation for granted to recognising Your loving care in all things. May my awareness of Your creative power deepen my trust in Your provision and guidance. Amen.

## Evening Devotion

### Held by the Creator's Hands

#### Evening Reflection

As this day draws to a close, we can rest in the truth that the same God who spoke creation into being has held us through every moment. The psalmist reminds us that all creatures 'depend on you to give them their food when they need it.' This isn't merely about physical sustenance, but about the constant, moment-by-moment care that keeps our hearts beating and our lungs breathing. Today, whether you noticed it or not, you were sustained by divine love. The challenges you faced, the joys you experienced, the ordinary moments that filled your hours—all were held within the wisdom of the Creator who knows what you need before you ask.

#### Evening Reflection

Looking back over today, where can you recognise God's sustaining presence, even in moments when you weren't consciously aware of Him?

#### Evening Prayer

Sustaining God, thank You for carrying me through this day. As I rest tonight, help me to trust that Your wisdom continues to work while I sleep. I place tomorrow into Your capable hands. Amen.

## Tuesday - The Rhythm of Dependence

### Morning Devotion

#### Today's Verse

All creatures depend on you to give them their food when they need it. When you give it to them, they eat it. When you open your hand, they are satisfied with good things. (Psalm 104:27-28)

#### Devotional Thought

The psalmist reveals a profound truth about the nature of existence: we are all utterly dependent upon God's provision. This isn't a sign of weakness or failure—it's the fundamental design of creation. Every creature, from the mightiest whale to the smallest insect, lives moment by moment on what God provides. The image of God opening His hand to satisfy His creatures speaks of generous, intentional care. It's not grudging provision, but abundant satisfaction with 'good things.' This challenges our culture's obsession with self-sufficiency and independence. We live in a world that celebrates those who 'pull themselves up by their bootstraps' and 'make it on their own.' But the psalm invites us into a different way of being—one that acknowledges our need and finds security not in our own abilities, but in God's faithful provision. This dependence isn't infantilising; it's liberating. When we stop trying to be our own providers and protectors, we're freed to live with open hands, receiving what God gives and sharing it generously with others. The anxiety that comes from thinking everything depends on us melts away when we remember that our Provider never sleeps, never forgets, and never runs short of good things to give.

#### Reflection Question

What areas of your life are you still trying to manage through your own strength rather than trusting in God's provision?

#### From Sunday's Sermon

"The Psalms show us that our feelings may change day by day and even minute by minute. But God never changes, no matter how we feel. He always listens to us and he loves us."

## Today's Application

Practice acknowledging your dependence on God throughout this day by pausing before meals to genuinely thank Him for provision—not just the food, but the farmers, the rain, the soil, the entire web of His care that brought it to your table. When facing a challenging task at work, breathe a quiet prayer acknowledging that your abilities are gifts from God's open hand. In conversations, listen for opportunities to encourage others by pointing them toward God's faithful provision rather than merely offering human solutions. If you're carrying financial worries, spend time today specifically praying through your needs, asking God to help you distinguish between genuine needs and anxious wants. Consider one practical way you can share from God's provision to you—perhaps through a food bank, a kind gesture to a neighbour, or supporting someone facing difficulty.

### Morning Prayer

Providing God, forgive me for the times I've forgotten that every good thing comes from Your open hand. Help me to live today with the security that comes from depending on You rather than myself. Show me how to receive Your provision with gratitude and share it with generosity. Amen.

## Evening Devotion

### Satisfied with Good Things

#### Evening Reflection

Tonight, consider how God has opened His hand to you today. Perhaps it was through a conversation that encouraged you, a moment of unexpected beauty, strength to complete a difficult task, or simply the gift of breath in your lungs. The psalm reminds us that when God gives, His creatures 'are satisfied with good things.' Satisfaction isn't about having everything we want, but about recognising the goodness in what we've been given. Even on difficult days, there are evidences of God's provision if we have eyes to see them. This satisfaction comes not from the abundance of our possessions, but from the assurance of our Provider's love.

#### Evening Reflection

What 'good things' from God's open hand can you identify from today, and how might recognising them change your heart posture?

### Evening Prayer

Generous Father, thank You for the ways You opened Your hand to me today. Help me to sleep tonight satisfied not by what I've accomplished, but by Your faithful provision. May I wake tomorrow with hands open to receive and give. Amen.

## Wednesday - When Life Feels Fragile

### Morning Devotion

#### Today's Verse

When you turn your face away from them, they are terrified. When you take away their breath, they die and turn back into dust.

(Psalm 104:29)

#### Devotional Thought

This verse confronts us with the sobering reality of our mortality and dependence. The psalmist doesn't shy away from life's fragility—when God withdraws His sustaining presence, creatures return to dust. This isn't meant to frighten us, but to ground us in truth. Life is a gift, not a guarantee. Every breath is grace, not an entitlement. In our youth-obsessed, death-denying culture, these words can feel harsh. But they're actually liberating. When we acknowledge life's fragility, we stop taking it for granted. We treasure relationships more deeply, invest in what truly matters, and release our grip on temporal things. The terror mentioned here isn't about God being capricious or cruel—it's about creatures recognising their complete dependence on their Creator. Like a child who panics when separated from their parent, we can feel lost when we can't sense God's presence. But here's the beautiful truth: even when we can't feel God's face shining upon us, He

hasn't actually turned away. The cross proves that God's face is forever turned toward us in love. Jesus experienced the ultimate turning away—'My God, why have you forsaken me?'—so that we never have to. Our feelings of God's absence don't reflect the reality of His presence.

**Reflection Question**

How does acknowledging life's fragility change your priorities and the way you want to spend your time today?

**From Sunday's Sermon**

"The Psalms are statements of trust in the goodness of God, even when God may seem absent."

**Today's Application**

Use today's awareness of life's fragility to make intentional choices about how you spend your time and energy. Write a text or make a phone call to someone you love, expressing your appreciation for them. If there's a relationship that needs mending, take a step toward reconciliation. Look at your calendar and commitments—are you investing in what truly matters, or getting caught up in things that won't matter in eternity? When you feel anxious about the future, remember that the same God who holds your breath in His hands also holds your tomorrows. Practice gratitude for simple gifts: the ability to move, to think, to love. If you're walking through a season where God feels absent, hold onto the truth that His love for you is demonstrated at the cross, not dependent on your feelings. Consider how you might comfort someone else who is struggling with loss or fear.

**Morning Prayer**

God of life and death, thank You for the gift of this day and every breath You've given me. When I cannot feel Your presence, help me to trust in Your unchanging love. Use my awareness of life's fragility to make me more compassionate and more focused on what truly matters. Amen.

## Evening Devotion

### Held in Life and Death

#### Evening Reflection

As you prepare for sleep—that daily rehearsal of death and resurrection—remember that you are held secure whether waking or sleeping, in life or in death. The psalm's honest acknowledgment of mortality isn't the end of the story. Tomorrow we'll see how God's spirit brings new life, but tonight we can rest in the truth that even our dying is not beyond God's care. Sleep itself is an act of trust, releasing conscious control and depending utterly on God to sustain us through the night. In this small daily death, we practice the ultimate trust that when our earthly life ends, we'll wake in His presence.

#### Evening Reflection

What fears about mortality or loss do you need to place into God's hands as you rest tonight?

#### Evening Prayer

God of life, as I sleep tonight, I trust myself completely into Your hands. Thank You that neither life nor death can separate me from Your love. Grant me peaceful rest and the assurance of Your constant presence. Amen.

## Thursday - The Spirit Who Makes All Things New

### Morning Devotion

#### Today's Verse

When you send your spirit, you create them. You give new life to the ground. (Psalm 104:30)

#### Devotional Thought

After yesterday's sobering reminder of mortality, we encounter one of the most hope-filled verses in Scripture. The same God who allows creatures to return to dust is also the God who sends His Spirit to create anew. This isn't just about the original creation—it's about ongoing renewal, resurrection, and the constant work of making all things new. The Hebrew word for 'create' here is the same word used in Genesis 1:1—it speaks of divine power bringing something from nothing, life from death, hope from despair. When God sends His Spirit, barren ground becomes fertile, dead things come alive, and impossible situations become possible. This verse bridges the Old and New Testaments beautifully. The same Spirit who hovered over the waters at creation, who gave new life to the ground in the psalmist's day, is the Spirit who descended at Pentecost and who continues to work in our lives today. This creative, life-giving Spirit is available to you right now. Whatever feels dead in your life—a relationship, a dream, your sense of purpose, your joy—can experience the renewing power of God's Spirit. The Spirit doesn't just patch up what's broken; He creates something entirely new. This is the hope that sustains us through every season of difficulty: God is not finished with us yet.

#### Reflection Question

What area of your life feels like 'dust' right now, and how might you invite God's Spirit to bring new life there?

#### From Sunday's Sermon

"When you send your spirit, you create them. You give new life to the ground."

## Today's Application

Begin your day by specifically inviting the Holy Spirit to bring renewal to areas that feel stagnant or lifeless. If you're facing a difficult relationship, pray for the Spirit to create new understanding and compassion. If work feels meaningless, ask the Spirit to show you how your labour can serve God's purposes. If you're struggling with old patterns of sin or negative thinking, invite the Spirit to create new pathways of grace and truth in your mind. Look for signs of new life around you today—literally in nature, but also metaphorically in circumstances and relationships. Share encouragement with someone who might be feeling stuck or hopeless, reminding them that God specialises in new beginnings. Consider starting something new that you've been putting off—a creative project, a spiritual discipline, or a step toward healing. Remember that the Spirit's creative work often begins small and grows gradually, so don't despise humble beginnings.

### Morning Prayer

Creator Spirit, I invite You to breathe new life into every area of my existence today.

Where things feel dead or stuck, please create something fresh and beautiful. Help me to cooperate with Your renewing work and to trust in Your power to make all things new.

Amen.

## Evening Devotion

### The Ongoing Work of Renewal

#### Evening Reflection

As you reflect on this day, consider how God's Spirit has been at work in ways both seen and unseen. The Spirit's creative work isn't always dramatic—sometimes it's as quiet as new understanding dawning in your heart, or a small shift in perspective that changes everything. The renewal God brings doesn't always look like what we expect, but it's always moving us toward greater wholeness and deeper connection with Him. Even when you can't see obvious signs of new life, trust that the Spirit is working beneath the surface, preparing ground for future growth. The same power that raised Jesus from the dead is actively at work in your ordinary, everyday life.

#### Evening Reflection

How have you sensed the Spirit's renewing presence today, even in small or subtle ways?

**Evening Prayer**

Renewing Spirit, thank You for the ways You've been creating newness in my life today, whether I recognised it or not. Continue Your good work in me as I sleep, and help me to wake tomorrow more alive to Your presence. Amen.

**Friday - Clothed with Power from on High****Morning Devotion****Today's Verse**

All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. (Acts 2:4)

**Devotional Thought**

We conclude our week by witnessing the dramatic fulfillment of Jesus' promise to clothe His followers with power from on high. Pentecost wasn't merely a historical event—it was the inauguration of a new way of living in the world. The same Spirit who brought new life to the ground in Psalm 104 now fills human hearts, transforming ordinary people into bold witnesses of God's love. Notice that the disciples didn't manufacture this experience through their own effort or emotion. They simply gathered together, waited as Jesus instructed, and received what God wanted to give them. The Spirit 'enabled them'—this was divine empowerment for divine purposes. The gift of tongues wasn't for show, but for service, allowing the gospel to be heard in every language represented in Jerusalem that day. This reveals the heart of Pentecost: God's desire for every person, from every nation and background, to hear His love declared in ways they can understand. The Holy Spirit isn't a luxury for super-spiritual Christians—He's God's gift to every

believer, equipping us for the life we're called to live. You may not speak in tongues, but the same Spirit who empowered the disciples wants to empower you for whatever God has called you to do. Whether it's loving your family well, serving in your workplace with integrity, or sharing the gospel with your neighbours, you need the Spirit's power to live as God intends.

### Reflection Question

In what specific situations do you need the Holy Spirit's empowerment today, and how will you invite His enabling presence?

### From Sunday's Sermon

"Jesus said that God the Father longs to give the good gift of the Holy Spirit to people. And all we have to do is ask."

### Today's Application

Start today by asking God for a fresh filling of His Holy Spirit, not as a one-time experience but as a daily necessity like breathing. Identify specific situations where you need divine empowerment—difficult conversations, challenging tasks, opportunities to serve others, or moments when you're tempted to respond in ungodly ways. Throughout the day, breathe simple prayers like 'Come, Holy Spirit' or 'Fill me afresh' as you move from one activity to another. Look for opportunities to 'speak in other tongues' metaphorically—finding ways to communicate God's love in languages others can understand, whether that's through acts of kindness, words of encouragement, or simply treating people with unusual grace. If you've never specifically asked to receive the Holy Spirit, today would be a perfect day to do so. Remember that the Spirit often comes 'softly, transforming people's lives quietly and secretly,' so don't expect Him to work only in dramatic ways. Pay attention to promptings to pray for someone, to offer help, or to share words of hope—these may be the Spirit's gentle leading.

### Morning Prayer

Holy Spirit, I ask You to fill me afresh today, just as You filled the disciples at Pentecost. Empower me for whatever You've called me to do and say. Help me to be sensitive to Your leading and bold in Your strength. Come and work through me for Your glory and others' good. Amen.

## Evening Devotion

### The Gift That Keeps Giving

#### Evening Reflection

As we close this week's journey through creation, dependence, mortality, renewal, and empowerment, remember that the Holy Spirit isn't just a Sunday experience—He's God's ongoing gift for every day of your life. The disciples didn't receive the Spirit once and then live on that memory; they continued to be filled and refilled as they faced new challenges and opportunities. Tonight, reflect on how the Spirit has been present throughout this week, perhaps in ways you're only now beginning to recognise. The same power that transformed 120 fearful disciples into bold witnesses is available to transform your ordinary life into something extraordinary for God's kingdom. Rest tonight knowing that you don't face tomorrow in your own strength—you have the Helper, the Comforter, the Advocate dwelling within you.

#### Evening Reflection

How has your understanding of the Holy Spirit's presence and power in your daily life grown this week?

#### Evening Prayer

Thank You, Father, for the precious gift of Your Spirit. Thank You for this week of discovering more about Your creative power, faithful provision, and life-giving presence. Fill me afresh as I sleep, and help me to wake tomorrow ready to live in the Spirit's power. Amen.