

# Filling

**Christianity is more than a set of beliefs and a story; it is the presence of the Holy Spirit – working in us to bring life, change and growth.**

In this practice we notice where we feel spiritually empty, and open ourselves up to the flow of God's life-bringing Spirit. *"Those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."* (John 4:14).

## 1. Place

Find a comfortable chair, and maybe a cushion. Sit in a way that allows you to relax your neck and shoulders.

## 2. Moment

Smile and deepen your breathing. Bring your attention to the moment and to the sensation of sitting and breathing. If your thoughts start racing, consciously bring your attention back to your breath.

## 6. Drinking

Now imagine drinking in a refreshing glass of water, quenching and transforming the emptiness. As you do so invite the Holy Spirit to similarly flow and refresh you. You might like to ask the Holy Spirit to share a word, an image or a verse from the Bible with you. Pause.



## 3. Stone

Imagine a stone that is having water poured on it. In your mind visualise how the stone is unreceptive and not absorbing the water. Bring to mind where your heart or life has become hardened. Pause.

## 5. Longing

St Augustine says our hearts are restless until they find rest in God. The psalmist puts it like this: "As a deer longs for flowing streams, so my soul longs for you, O God. My soul thirsts for God" (Psalm 42). Bring to mind your hopes, needs and longings. What is your soul thirsting for?

## 4. Sponge

Now imagine a sponge, and water being poured once again. Visualize the sponge soaking up the water, drawing it in and absorbing it. Bring to mind where you long for refreshment and life. Pause.