

Quiet Day
June 14, 2025
Embracing the Holy Spirit
Dr. Elizabeth Ursic

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During this Quiet Day we will reflect and deepen our understanding and experience of the Holy Spirit. The day will include harp music.

First Conference

Genesis 1:1-2 When God began to create[a] the heavens and the earth, 2 the earth was complete chaos, and darkness covered the face of the deep, while a wind (spirit) from God swept over the face of the waters.

Ezekiel 36:26-27

A new heart I will give you, and a new spirit I will put within you, and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you and make you follow my statutes and be careful to observe my ordinances.

Isaiah 61:1

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed...

Leviticus 23:16: "You shall count until the day after the seventh Sabbath, fifty days; then you shall present an offering of new grain to the Lord."

Second Conference

Acts 1:3 After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God.

Acts 1:13-14 When they had entered the city, they went to the room upstairs where they were staying: Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

Acts 2:1-4 When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Romans 8:16-17 It is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs: heirs of God and joint heirs with Christ...

1 John 4:13 By this we know that we abide in him and he in us, because he has given us of his Spirit.

2 Corinthians 3:17

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Third Conference

Galatians 22-25 The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit.

Psalms 51:10 "Create in me a clean heart, O God, and put a new and right spirit within me."

Psalms 143:10 "Teach me to do your will, for you are my God. Let your good spirit lead me on a level path."

Dr. Elizabeth Ursic holds an MDiv from the Yale Divinity School and the Yale Institute of Sacred Music as well as a PhD in Religious Studies from ASU. She is a member of Saint Barnabas, a spiritual director, a professor of world religions, musician, and a long-time practitioner of contemplative prayer.
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