



***Holy Spirit of God, visit now this soul of mine, and tarry within it until eventide.***

Taking the time each day to acknowledge and address God's Holy Spirit is a primary spiritual practice. It is an important way to begin the day because it casts our lives into God's presence and care, to be directed, protected and nourished throughout the day. Though it suggests "until eventide" that is intended to denote the expanse of time, not the limitation of time. God is with us not just all day but all the time. In fact, God's Spirit lives *within* us constantly and persistently.

These prayerful words provide a reminder for us to renew our request each day for God to remain within our very souls. This is an invaluable spiritual practice, because it reiterates the truth that God's Spirit lives within us. There is that constant closeness to God for us to be aware of at all times and celebrate again and again. It is a spiritual exercise that strengthens our spirits and nourishes our souls.

Though it appears to suggest that God's presence within us is for a day only, in fact it acknowledges the constancy and persistency of God's indwelling presence. It reminds us each day of that ongoing spiritual truth that God is closer to us than the very air we breathe.