For your unrushed time with Creator today, please have what you might need to be outdoors (Mat/blanket/chair, hat/sunscreen/bug spray, jacket/umbrella, water bottle/drink, snack, Bible, journal & pen).  
  
Aloha e ka ‘Ohana o Native InterVarsity,  
(Aloha Native InterVarsity Family),  
  
As we enter into this time, we desire for each of us to have good, quality time with our Creator. Please try to find a nice peaceful place in the ‘āina/land to meet with ke Akua & receive from Him. If you are unable to be in the land, please try to find a quiet place indoors where you will be uninterrupted. As you find this space with Him, take a moment to get settled (but don’t fall asleep yet:)). If you are able to stand, please do. Feel the ‘āina beneath you & be aware of creation around you. Still your body, quiet your thoughts, calm your heart & yield your spirit in attentiveness to the Great Spirit.   
  
**Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. Genesis 2:7**  
Remember Creator breathing His life breath into Adam’s nostrils after forming him into His image from the earth & slowly take a deep breath in through your nose...hold it in briefly - receiving that He gives us every breath as a gift - & slowly release this cherished breath through your mouth knowing that He also gives breath to every living creature great & small.   
  
**13 For you created my inmost being;  
    you knit me together in my mother’s womb.  
14 I praise you because I am fearfully and wonderfully made;  
    your works are wonderful,  
    I know that full well. Psalm 139:13-14**  
  
Remember that after being formed intricately in the warmth of your mother’s womb, knit together & held inside to be nourished through the many months, Creator brought you forth into your family in His ordained time & you took your very first breath!    
Slowly draw in a long breath through your nostrils taking your time to fill your lungs (until you can’t take in any more) - hold it briefly & feel your heart beat as it pumps blood & oxygen throughout your body...& release your breath through your mouth receiving the mystery of the depth, fullness & intimacy of His love for you right now & for all of His children.    
  
**46 At the same time Creator Sets Free (Jesus) cried out with his last breath, “O Great Father, my spirit is in your hands!”Luke 23:46**  
  
Remember when Creator sets free/Iesū/Jesus devoted Himself to care for & feed those entrusted to Him for three intense years of full-time ministry. Surrendering His will to His Father’s & choosing the cup of suffering, crucified & hanging on a cross He extended forgiveness and breathed His last breath & they cheered for His death. Slowly breathe in the sacred breath of our Lord...& hold it briefly receiving the forgiveness & breath Jesus gave to give us life & set us free - & exhale any animosity, bitterness & unforgiveness & all that hinders.   
 **“…when suddenly the sound of a great windstorm came from the spirit - world above and could be heard throughout the house where they were sitting. Acts 2:2**  
  
Remember the disciples trusting Creator Sets Free & waiting for the promised gift of the Holy Spirit from above. Wind, fire & filling - speaking in tongues as the Spirit enabled them - power to be His messengers!   
Breathe in once more fresh wind & breath of Holy Spirit – FILL US - hold it briefly with hope receiving His presence, peace, joy & love - & slowly & surely exhale all unrest, doubt, fear & grief into His hands.   
 **“My prayer for the Outside Nations is that the Great Spirit, who gives you this hope, will fill you with the joy and peace that comes from trusting him, so that this hope will flow like a river through your lives by the power of his Holy Spirit.” 15:13**

We all have a life story – of our peoples, lands, our faith journey, & more. We know where we are going by remembering where we came from. We are also able to see Creator’s hand upon our lives through the hardships and the miracles of our stories. As we remember Creator’s great love and mighty works, may we tell them to the next generations so that each generation can set it’s hope anew on Him!

**Psalm 78**

**O my people, listen to my instructions.  
    Open your ears to what I am saying,  
2    for I will speak to you in a parable.  
I will teach you hidden lessons from our past—  
3    stories we have heard and known,  
    stories our ancestors handed down to us.  
4We will not hide these truths from our children;  
    we will tell the next generation  
about the glorious deeds of the Lord,  
    about his power and his mighty wonders.  
5For he issued his laws to Jacob;  
    he gave his instructions to Israel.  
He commanded our ancestors  
    to teach them to their children,  
6so the next generation might know them—  
    even the children not yet born—  
    and they in turn will teach their own children.  
7So each generation should set its hope anew on God,  
    not forgetting his glorious miracles  
    and obeying his commands**

Take time to reflect on your story & where Creator has been at work. Our songs are our stories as well. Biblical Psalms (songs) include recalling, lamenting, declaring, repenting, rejoicing, retelling Creator’s story through our own. They are one in the same. May the Great Spirit lead our time as we birth new psalms for His glory & for OLA (life, alive, thrive, healing, salvation) fo future generations.

Read through some Psalms for inspiration and ideas. Psalm 106 & 136 may be helpful starters☺ Blessings & Aloha