

# Asking the Holy Spirit to direct our daily lives

**Objective:** To help men explore how to grow in awareness and connection to the Holy Spirit. Confirmation expressly confers gifts of the Holy Spirit that can be instinctively used and habitually applied in our daily lives with predisposition. Revisit His gifts and proactively invite the Holy Spirit into your life.

**Song Suggestion:** Come Holy Ghost.

## Bible and Catechism Readings:

### Isaiah 11: 1-3

A shoot shall come out from the stump of Jesse and a branch shall grow out of his roots (1).

The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord (2). His delight shall be in the fear of the Lord (3).

### Psalms 143:10

Teach me to do your will, for you are my God.

Let your good spirit lead me on a level path.

### 1Corinthians 6:19-20

Do you not know that your body is a temple of the holy Spirit within you, whom you have from God, and that you are not your own? For you have been purchased at a price. Therefore glorify God in your body.

### Catechism 1287

This fullness of the Spirit was not to remain uniquely the Messiah's but was to be communicated to the whole messianic people (people with faith in Jesus the Messiah). On several occasions Christ promised this outpouring of the Spirit, a promise which he fulfilled first on Easter Sunday and then more strikingly at Pentecost. Filled with the Holy Spirit the apostles began to proclaim, "the mighty works of God," and Peter declared this outpouring of the Spirit to be the sign of the messianic age. Those who believed in the apostolic preaching and were baptized received the gift of the Holy Spirit in their turn.

### Saint: Saint Maria Faustina Kowalska

Sister Faustina was a young, uneducated nun in a convent of the Congregation of Sisters of Our Lady of Mercy in Poland during the 1930s. She came from a poor family that struggled during the years of World War I. ...., she received extraordinary revelations — or messages — from our Lord Jesus. Jesus asked Sr. Faustina to record these experiences, which she compiled into notebooks. These notebooks are known today as the Diary of Saint Maria Faustina Kowalska, and the words contained within are God's loving message of Divine Mercy. A couple excerpts from her diary are below:

This evening, I prepared with great care and prayed long to the Holy Spirit that He might deign to grant me His light and take me under His special guidance. - Diary, 1174

Silence is a sword in the spiritual struggle. A talkative soul will never attain sanctity. The sword of silence will cut off everything that would like to cling to the soul. We are sensitive to words and quickly want to answer back, without taking any regard as to whether it is God's will that we should speak. A silent soul is strong; no adversities will harm it if it perseveres in silence. The silent soul is capable of attaining the closest union with God. It lives almost always under the inspiration of the Holy Spirit. God works in a silent soul without hindrance. - Diary, 477

**Vignette:** Victor struggles to make sense of conflicts he feels, sees, reads and hears within our temporal world often misaligned with his journey toward heaven. He sees his loved ones being influenced and pulled away from Jesus's teachings. Victor was Confirmed as a child and was sacramentally blessed with gifts of the Holy Spirit; Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and Fear of God. Recently he read St. Thomas Aquinas taught those gifts (becoming habits, instincts, dispositions) help us work through our human reason and nature to participate in the very life of God, as Jesus promised. St. Aquinas insisted these gifts help us perfect moral virtues (prudence, justice, fortitude and temperance) and theological virtues (faith, hope and charity). Charity, it is said, "unlocks the potential power of the seven gifts". Victor thinks he sees how the Holy Spirit helped Jesus. Victor also knows Jesus sent the Holy Spirit to the Apostles to help them in their missions. But how does Victor invite the Holy Spirit and his gifts more completely into his daily life?

### Questions for Large and Small Group Discussion:

Discuss how we know Isaiah 11: 2 prophecies were fulfilled in Jesus' public life.

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What insights can we gain from reading Acts of Apostles, the first to receive the Holy Spirit?

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Have you ever felt called or challenged by the Holy Spirit to do something you were afraid to do, or did not want to do? How did you handle it?

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Silence; are you really listening to the Holy Spirit within your active and contemplative life?

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How would your day be different if the first thing you did upon waking was to ask the Holy Spirit to guide you throughout your day?

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Discouragement is Satan's work; how do prayer, penance, power, perseverance and perfection help us connect to the Holy Spirit?

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What about intercession prayer? Come Holy Spirit through the Immaculate Heart of Mary.

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**Resources:**

<https://mycatholic.life/catholic-prayers/triduum-and-easter-prayers/prayer-meditation-for-pentecost/>  
<https://catholicexchange.com/10-ways-open-holy-spirit>

**Action Plan:**

Being open to the transformative power of the Holy Spirit is an essential aspect of the Christian faith. What are some ways you can cultivate openness to the Holy Spirit's work in your life from the list below:

1. Prayer: Regular and sincere prayer is essential to foster a deeper connection with the Holy Spirit. Pray for the Spirit's guidance, wisdom, and empowerment in your daily life.
2. Study of Scripture: Engaging in the study and reflection of the Bible helps Christians understand the Spirit's role throughout salvation history and how it can impact their lives today.
3. Worship and Sacraments: Active participation in communal worship, receiving the sacraments (e.g., Eucharist, Baptism, Confirmation), and engaging in praise and worship can open hearts to the Holy Spirit's presence and action.
4. Surrendering to God's Will: You can be open to the Spirit's transformative power by surrendering your life to God's will and trusting in His plan for you.
5. Cultivating Virtues: Strive to live a virtuous life. Virtues such as practicing love, patience, kindness, and humility, aligns with the Holy Spirit's transformative work in developing Christ-like character.
6. Acts of Service: Engaging in acts of charity and service towards others allows the Holy Spirit to work through you to bring about positive change in the world.
7. Discernment: Seek the guidance of the Holy Spirit through discernment to help you make decisions that are in harmony with God's plan for their lives.
8. Community and Fellowship: Active participation in Christian communities and fellowship groups can create an environment where the Spirit's transformative power is evident through mutual encouragement, support, and growth.
9. Listening and Silence: Taking time for silence and actively listening for the Spirit's promptings can help you discern the Spirit's voice and guidance.
10. Repentance and Reconciliation: Being open to the Spirit's transformative power involves acknowledging and repenting of sins and seeking reconciliation with God and others.

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