

Asking the Holy Spirit to Direct Our Daily Lives

Headline: Unlocking the Divine Masterpiece: 10 Practical Steps to Welcoming the Holy Spirit
From Silence to Action: How Cultivating Spiritual Habits Empowers Daily Faith
Defeating Discouragement: Activating the Seven Gifts of the Spirit to Perfect Virtues

Objective: To help men explore how to grow in awareness and connection to the Holy Spirit. Thereby aligning your will with God's, seeking His guidance, wisdom, and peace in our daily lives. It's about surrendering control and trusting in the Holy Spirit's direction over your own desires. This brings clarity, purpose, and a deeper relationship with Him.

Song Suggestion: Come Holy Ghost.

Bible and Catechism Readings:

John 14:26-27

The Advocate, the Holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you. 27 Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid.

Psalms 143:10

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

1 Corinthians 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 687

"No one comprehends the thoughts of God except the Spirit of God."² Now God's Spirit, who reveals God, makes known to us Christ, his Word, his living Utterance, but the Spirit does not speak of himself. The Spirit who "has spoken through the prophets" makes us hear the Father's Word, but we do not hear the Spirit himself. We know him only in the movement by which he reveals the Word to us and disposes us to welcome him in faith. the Spirit of truth who "unveils" Christ to us "will not speak on his own."

Saint: Saint Mariam of Jesus Crucified (1846–1878)

Saint Mariam, known as the "Little Arab," is a saint whose entire life was driven by the Holy Spirit. A Carmelite mystic from Galilee, she experienced profound supernatural phenomena—including the stigmata and bilocation—yet was known for her simple, childlike humility. She championed a radical devotion to the Paraclete. She famously received a prayer that she spread worldwide: "Holy Spirit, inspire me. Love of God, consume me. On the true path, lead me. Mary, my good mother, look down upon me. With Jesus, bless me. From all evil, all illusion, all danger, preserve me."

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:

1. What insights can we gain from reading Acts of Apostles, the first to receive the Holy Spirit?
2. 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?
3. Silence; are you really listening to the Holy Spirit within your active and contemplative life?
4. 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?
5. Discouragement is Satan's work; how do prayer, penance, power, perseverance and perfection help us connect to the Holy Spirit?
6. What about intercession prayer? Come Holy Spirit through the Immaculate Heart of Mary.

Resources:

1. <https://mycatholic.life/catholic-prayers/triduum-and-easter-prayers/prayer-meditation-for-pentecost/>
2. <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: Consistent prayer cultivates a deeper bond with the Holy Spirit. Begin your morning by inviting His direction, and close your evening in reflection with God, surrendering your needs to Him.
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: To surrender to God, we must listen and stay present. Choose daily joy over temporary happiness; it is the fundamental foundation of our faith and our families.
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: Do one act of kindness everyday. Here are some examples helping your neighbor who does not feel well, cut their grass. Open the door for someone to help them have a better day.
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 by walking in the woods, listening to birds chirp and tuning your heart to God's plan for your life.
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.

"Be still and know" "Let go let Go" "All is well"

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