

Live by the Spirit

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we think about learning to live by the Spirit.*

INTRODUCE TOPIC & SCRIPTURE: Matthew 25:29 "For to everyone who has, more will be given... but from the one who has not, even what he has will be taken away."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: "Lord, help me to be attentive to your inspirations."

MEDITATION: When we are faithful to the inspirations of the Holy Spirit, He sends us fresh inspirations. "If we want God to reveal more of his will to us by his inspirations, then we need to start by doing what He has already told us. Why would He give us new instructions if we haven't done what we already know? God has already revealed much to us: The 10 Commandments; the law of love; the teaching of Jesus in Scripture and the Catechism; the duties of our state in life as a husband and father, wife and mother, employer and worker. If we are careless about these, then however much we beg God for new inspirations there is not much chance of His granting them. If we have been faithful to what God has already revealed, he will favor us with new ones. Jesus said. "To everyone who has, more will be given; but from him who has not, even what he has will be taken away.

Nothing can happen except what God wills directly or what He allows. Cooperating with the Holy Spirit means doing what God wills, doing all we can to eliminate [a wrong]. But when we cannot change an [something] then God invites us to accept what He has allowed... If God sees that we are docile to events, able to consent peacefully and lovingly to what the circumstances of life impose on us, in a spirit of trust and cooperation with his will, there can be no doubt that he will provide greater inspirations and graces"³

RESOLUTION: (Re-read Scripture.) "We must desire God's inspirations and ask for them frequently in prayer. Take some time right now to let your imagination be quiet, close your eyes to everything you see, and shut your ears to all the world's noise so that you can withdraw into your soul where God lives. Say to the Holy Spirit, "Inspire me in all my decisions, Lord, and never let me neglect even one of your inspirations." Come Holy Spirit...

PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Mother of the Word Incarnate, **pray for us**; St. Joseph: **pray for us**; St. of the day: **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Holy Family School of Faith, Rosary Meditation for November 16, 2020, *Learning to Live by the Spirit*. Used with permission.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

