



# Holy Spirit as Wind & Fire

**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."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate the Holy Spirit as Wind and fire.*

**INTRODUCE TOPIC & SCRIPTURE (Acts 2:2-3)** ***"And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them."***

**BREATH-WORK & GRATEFULNESS**

**BODILY PRAYER VERSE** ***"Lord, with the fire of the Holy Spirit, purify our inmost being and our heart."***

**MEDITATION** "Fire appears in Sacred Scripture as love which penetrates all things and as a purifying element. These are images which help us to understand better the action which the Holy Spirit carries out in souls. *Lord, with the fire of the Holy Spirit, purify our inmost being and our heart.* Fire also produces light and signifies the new brightness which the Holy Spirit sheds on the doctrine of Jesus Christ: When the Spirit of truth comes, he will guide you into all the truth...He will glorify me, for He will take what is mine and declare it to you. On this occasion Jesus had already forewarned his disciples: The Counselor, the Holy Spirit...will teach you all things, and bring to your remembrance all that I have said to you. It is the Holy Spirit who leads us to a full understanding of the truth taught by Christ, who completed and perfected Revelation and confirmed it by divine guarantees...finally by sending the spirit of truth."<sup>3</sup> / "In the Old Testament the action of the Holy Spirit is often intimated by the word *breath*. This expresses both the gentleness and the strength of divine love. There is nothing subtler than the wind, which manages to penetrate everywhere, even to reach inanimate bodies and give them a life of their own. The rushing wind of the day of Pentecost express the new force with which divine love invades the Church and souls."<sup>4</sup>

**RESOLUTION** (Re-read Scripture.) "Come, O Holy Spirit, send from heaven a ray of your light. Come, O father of the poor; come, O giver of graces; come, O light of hearts. Best of all Consolers, welcome. Guest of the soul, cool refreshment. You are rest in our labor, peace in difficulties and solace in our grief. O most holy Light! Fill the inmost being of the hearts of your faithful...Grant to your children who trust in you your seven sacred gifts. Give them the merit of your virtue, the port of salvation; give them everlasting joy."<sup>5</sup> *Holy Spirit come...*

**ENDING 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 I do, glorify You. Mary, Spouse of the Holy Spirit: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Fr. Francis Fernandez, *In Conversation with God*, Vol 2, 69.1 (Used with permission)

<sup>4</sup> Fr. Francis Fernandez, *In Conversation with God*, Vol 2, 69.1 (Used with permission)

<sup>5</sup> Fr. Francis Fernandez, *In Conversation with God*, Vol 2, 69.1 (Used with permission)

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

