



Holy Spirit: Continually Sanctifies

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 contemplate the Holy Spirit continually sanctifying.*

INTRODUCE TOPIC & SCRIPTURE (Acts 2:17) *"And in the last days it shall be, God declares, that I will pour out my spirit upon all flesh."*

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE *"Lord, help me to be open to the inspirations of the Holy Spirit."*

MEDITATION "The coming of the Holy Spirit on the day of Pentecost was not an isolated event in the Church's life. The Paraclete sanctifies it continually as He also sanctifies every soul. This He does through the innumerable inspirations which are all the attractions, motions, rebukes and interior compunctions, light and intuitions which God works in us. So He strengthens our heart with His blessings, with His care and fatherly love, so as to arouse us, move us, impel us and draw us to holy virtues, to heavenly love, to good resolutions: in short, to all that leads us to our eternal life. His action in the soul is gentle and mild...He comes to save, to cure, to enlighten."³

"Those who receive the outpouring of the Spirit are no longer a privileged few, like the companions of Moses or the prophets. No, these are all mankind, in the measure in which they receive Christ. The action of the Holy Spirit was to produce in the disciples and those who heard them, such an admiration they were all enraptured, full of love and joy."⁴

RESOLUTION (Re-read Scripture.) "When we realize that our sanctification...depends upon our correspondence with the motions of the Holy Spirit, we feel the need to ask him often to wash what is stained, water our dryness, heal our infirmity, enkindle our [lukewarmness], and direct our straying steps..."⁵ Is there something I can do today to remind myself that I should be attentive to the Holy Spirit? *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.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, *In Conversation with God*, Vol 2, 96.2 (Used with permission)

⁴ Fr. Francis Fernandez, *In Conversation with God*, Vol 2, 96.1 (Used with permission)

⁵ Fr. Francis Fernandez, *In Conversation with God*, Vol 2, 96.1 (Used with permission)

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

