



Sacraments Change Your Life

Why did the Holy Spirit need to come on Pentecost?

Jesus promised to send the Holy Spirit to the Church after He ascended into Heaven. On the fiftieth day after Easter, ten days after Jesus ascended to Heaven, the Church recalls how the Holy Spirit descended upon those gathered in the Upper Room with all the power of a mighty tornado, but without destruction, in order to dwell forever in the Church and in the hearts of the faithful. It is essential that God the Holy Spirit came on Pentecost. Let's take a closer look.

Who is the Holy Spirit?

The Holy Spirit is the third Person of the Blessed Trinity. The Father has poured out His love for all eternity toward His Son. The Son, for all eternity, has returned that love for the Father. This bond of love between the Father and the Son is a third Person, the Holy Spirit. It is important to remember that the Holy Spirit is represented in the Bible by signs, such as wind, flames of fire, a pillar of cloud, or a dove. These signs help us to know the Holy Spirit is present and are necessary as He is true Spirit and does not have a physical body.

On Pentecost, we see the signs of a mighty wind that filled the Upper Room and tongues as of fire that rested on the Apostles together with the women and Mary and the disciples, as they were filled with the Holy Spirit. (See Acts 2:1-4). As Jesus had commanded the Apostles to go forth and make disciples of all nations, they were now "clothed with power from on high" (Luke 24:49), the needed power and presence of the Holy Spirit, strengthening them to overcome the fear that had seized them to the point of running away during Jesus' passion and crucifixion. Empowered by the Holy Spirit, the Apostles went forth to teach, preach, and baptize, while the disciples and women also went forth to bear witness to Jesus as the Son of God and our Savior.

The Holy Spirit comes to us in the Sacraments.

The Holy Spirit did not just come at Pentecost but comes to us in the Sacraments. In Baptism, there is a special outpouring

of the Spirit as He dwells in our hearts; thus we become temples of the Holy Spirit. In Baptism we also receive the gifts of faith, hope, and charity as well as the seven Gifts of the Holy Spirit. In the Sacrament of Confirmation these gifts are increased and we are given a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess His name boldly, and never to be ashamed of the Cross.

During the Holy Eucharist, the priest begs the Father to send the Holy Spirit, the Sanctifier so that the offerings may become the Body and Blood of Christ. By His transforming power, the Holy Spirit makes Christ present in the Holy Eucharist

The Holy Spirit teaches us how to pray.

Another reason that we are thankful for the coming of the Holy Spirit is that He teaches us to pray to our Heavenly Father. The Holy Spirit is called the interior Master of Christian prayer as He helps us even to know what to pray for. "Likewise the Holy Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Holy Spirit Himself intercedes for us with sighs too deep for words" (Romans 8: 26). Further, if we ask, the Holy Spirit gives us a desire to pray and even helps to bring us to prayer. Moreover, if we pay attention to His inner promptings, the Holy Spirit will guide our actions and we see these effects in our life. The fruit of a relationship with the Holy Spirit is "love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control" (Galatians 5: 22). Prayer is the foundation for knowing and following the will and actions of the Holy Spirit. Let us celebrate the true Gift of Pentecost and take the time in prayer to develop a deeper relationship with the Holy Spirit.

