

## Spending Time with God

Praying this prayer to the Holy Spirit each day will allow you  
to deepen your relationship with Jesus  
as He is revealed to you by the Person of the Holy Spirit.

You will grow in an awareness and learn to listen to the inner promptings of the Holy Spirit  
and practice following His guidance while allowing His Gifts to be operative in your life.

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen**

**The Father, Son and Holy Spirit live in us through Baptism. Close your eyes and  
take some time in silence to be aware of the Holy Spirit within your heart and to greet Him.  
See on the back side how to concretely express a present concern of your heart to Him.**



The Holy Spirit is a Divine Person. The dove is a Biblical symbol.

### Prayer to the Holy Spirit

**O Holy Spirit,  
Beloved of my soul, I adore You.  
Enlighten me, guide me,  
strengthen and console me.  
Tell me what I ought to do  
and command me to do it.  
I promise to submit to everything  
that You ask of me and to accept all  
that You allow to happen to me.  
Just show me what is Your will, O Holy Spirit.**

**Thank Jesus for a blessing in your life that comes to mind at this time.**

Close this time of prayer with the Sign of the Cross

**Dear Young Person,****Why pray...**

Do you have a situation or a problem or an issue with which you need help and guidance? How would you like to know the best answer to this situation that would bring you and everyone else involved great joy as you discover it? As you pray this prayer, give the situation to the Holy Spirit and ask Him to show you the way to the best resolution or answer. Be listening and on the "lookout" for ways in which the Holy Spirit will answer you: through peace in your heart; circumstances around you; words that people say that seem to stand out for you in giving direction in this regard.

**When to pray...**

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Choose a specific time to pray and ask the Holy Spirit to strengthen your desire to pray, leading to a stronger commitment:

- In the morning
- After dinner
- In the evening

**Where to pray...**

Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. The following may be included in the Sacred Space:

- A Bible
- A Crucifix
- A statue of Mary

**Who is the Holy Spirit?**

The Holy Spirit is the third Person of the Blessed Trinity. He is the love between the Father and the Son. The Holy Spirit was sent by Jesus to live in our hearts and bring us closer to Him. It is His power in us that enables us to recognize the voice of Jesus and follow His guidance.

**Dear Parents,**

In order to help your 10<sup>th</sup> Grade son or daughter to go deeper in their relationship with God, one specific prayer has been given to them.

Young people are encouraged to develop a personal prayer time in addition to family prayer time. A wonderful way to support your son or daughter in personal prayer is to let them know that you will include the Prayer to the Holy Spirit as part of your quiet time with the Lord each day.

Just as your teen has been asked, you are also invited to pray to the Holy Spirit about a situation or a problem or an issue with which you need help and guidance.

You can further support your young adult in personal prayer by initiating discussions during this year of formation as they prepare to receive the Sacrament of Confirmation. Here are several "conversation starters."

- I understand that you are praying the Prayer to the Holy Spirit on a daily basis. I am also committed to praying this prayer each day. What stands out for you in this prayer? (Then offer what stands out for you.)
- Have you experienced something as a result of this prayer? Do you feel comfortable sharing that with me? Would you like to hear the effect that it is having on me?
- How are you being led to understand better the role of the Holy Spirit in your life?
- Have you experienced any of the gifts of the Holy Spirit more profoundly since you have been praying this prayer? Which one(s): wisdom, fortitude, knowledge, understanding, fear of the Lord, right counsel or piety.

For further info on the prayer to the Holy Spirit, go here: <http://diolc.org/catechesis/prayer/> 10<sup>th</sup> Gr.