

Tenth Grade **Developing / Deepening Our Relationship with 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.

(by Cardinal Mercier)

Praying this prayer to the Holy Spirit throughout the entire year will allow the young people to develop a deeper relationship with the Holy Spirit. Prayer is the foundation for knowing and following the guidance of the Holy Spirit, especially by allowing times of silence in prayer. Silence leads to awareness and recognition of the inner promptings of the Holy Spirit who will guide our actions toward what is true and good for us. The resources included here are meant to foster this process. Please pray the Prayer to the Holy Spirit at every session and include one aspect from the resources below to help young people go deeper in their understanding of the prayer and the role of the Holy Spirit.

God's love for us

We want to become more aware of how much God loves us. St. Paul tells us that “God’s love has been poured into our hearts through the Holy Spirit Who has been given to us.” (Romans 5:5) The Holy Spirit is the third Person of the Blessed Trinity. 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.



Why pray to the Holy Spirit each day?

- 1) To encounter the Person of the Holy Spirit
- 2) To develop/deepen your relationship with Jesus as He is revealed to you by the Person of the Holy Spirit
- 3) To grow in an awareness and learn to listen to the inner promptings of the Holy Spirit and practice following His guidance.
- 4) To seek to follow the direction of the Holy Spirit and allow His Gifts to be operative in your life.

Meaning of the Words

- The Holy Spirit is “Beloved of our souls” because He is the Third Person of the Blessed Trinity and therefore we adore Him. The Holy Spirit is God.

- In this prayer we ask for His enlightenment for greater understanding of the Truth, guidance in doing what is right and good and the strength to do it, and the consolation of joy and peace that we are on the right path. We can trust the Holy Spirit, Who only wants what is best for us.
With the help of the grace of the Holy Spirit, we will be strengthened to accept and be faithful in doing His holy will.
- We pray that the Holy Spirit will show us His good and perfect will.



Learning the Principles

- The Person of the Holy Spirit does not have a body. He is pure Spirit. We use the pronoun He to refer to the Holy Spirit because He is a Person. We do not refer to the Holy Spirit as “it” or a “power”.
- The Holy Spirit reveals Jesus to us. Therefore, we know that we are developing a relationship with the Holy Spirit if we have a growing awareness of Jesus’ love for us, and our love for Him is growing and feel that He is changing us. If we are becoming more peaceful, and/or becoming more joyful, then we know that our relationship with the Holy Spirit is growing.
- The Holy Spirit is the Source of answered prayer.
- Every time we begin to pray to Jesus it is the Holy Spirit Who draws us on the way of prayer by His grace. (*Catechism of the Catholic Church*, hereafter CCC, paragraph 2670)
- The Holy Spirit teaches us how to pray and helps us to know what to pray for. (CCC 2671-2672)
- In every situation, we can pray silently asking for the help of the Holy Spirit because without God we are helpless – whether we know this or not. Simply pray: “Holy Spirit please help me.” Or “Holy Spirit please guide me.” The Holy Spirit is known as the Helper, the Advocate, the Paraclete, our Counselor, our Guide. He is always within us, ready to help and guide us.
- Teach the students how to pray with their heart; not just rattling words. “Prayer is internalized to the extent that we become aware of Him ‘to whom we speak.’”
- Prayer is a vital necessity. Prayer and Christian life are inseparable. (CCC 2744-2745) In other words, praying this prayer to the Holy Spirit each day will allow us to deepen our friendship with Jesus as He is revealed to us by the Person of the Holy Spirit. We 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 our lives. The Holy Spirit wants what is best for us and as we respond to Him, we will find much peace and joy.
- We receive the Holy Spirit in Baptism and in Confirmation. The Holy Spirit now lives in each of us. We have to allow the power of the Holy Spirit to become active in our lives through our free will. The Holy Spirit is not “magic.” We need to cooperate with God’s grace to align ourselves with the Holy Spirit so that we can first receive guidance from the Holy Spirit and then be a blessing and of service to other people.

- The three Theological Virtues of faith, hope and charity and the seven Gifts of the Holy Spirit are given in Baptism for personal sanctification; to make us holy. Holiness means to grow in charity: serving others with authentic love. Charity is one of the theological virtues by which we love God above all things for His own sake, and our neighbor as ourselves for the love of God. In the Sacrament of Confirmation, the Holy Spirit *strengthens* the Virtues and the Gifts so that we can be faithful witnesses of Jesus Christ by living our faith “out loud”. (See CCC 1303 for further effects of the Sacrament of Confirmation)
- The seven Gifts of the Holy Spirit aid us in making decisions in conformity with God’s will, which lead to a life of interior joy and peace.
- Each person needs to develop a relationship with the Holy Spirit.
- We live in the age of the Holy Spirit. We know this to be true because Jesus ascended into Heaven and then the Father and the Son sent God the Holy Spirit to lead and guide us into all truth.
Jesus said, “I tell you the sober truth: It is much better for you that I go. If I do not go, the Paraclete will never come to you, whereas if I go, I will send Him to you.” (Jn 16:7)
“But when He, the Spirit of truth, comes, He will guide you into all truth.” (Jn 16:13)
- The Church would have come to an end without the Holy Spirit. He is the Soul of the Mystical Body of Christ – the Catholic Church. Supernatural power came and continues to come to us from the Holy Spirit. The Book of Acts is referred to as the Gospel of the Holy Spirit.
- Cardinal Mercier said the following when teaching about praying this prayer to the Holy Spirit: I am going to reveal to you the secret of sanctity and happiness. Every day for five minutes control your imagination and close your eyes to all the noises of the world in order to enter into yourself. Then, in the sanctuary of your baptized soul (which is the temple of the Holy Spirit) speak to that Divine Spirit, saying to Him the prayer: “O Holy Spirit, Beloved of my soul...
If you do this, your life will flow along happily, serenely, and full of consolation, even in the midst of trials. Grace will be proportioned to the trial, giving you the strength to carry it and you will arrive at the Gate of Paradise, laden with merit. This submission to the Holy Spirit is the secret of sanctity.

Activities to Learn and Understand the Prayer to the Holy Spirit

- Pray the Prayer to the Holy Spirit at every session and at every opportunity.
- Have discussions about what these titles and symbols tell us about the Person of the Holy Spirit. Scriptural references are in the noted Catechism paragraphs.

<u>Title</u> (CCC 692-693)	<u>Symbols</u> (CCC 694 – 701)
• Paraclete	Water
• The Spirit of Truth	Anointing
• The Spirit of the Promise	Fire
• The Spirit of Adoption	Cloud and light
• The Spirit of Christ	The seal
• The Spirit of the Lord	The hand



- Think of an area of your life that you have not been able to exercise self-control: such as eating, exercising, sleeping, drinking, gossiping, being jealous. Sin is addictive. Ask the Holy Spirit to help you in this specific area.

Developing a Friendship with the Holy Spirit

- The spiritual life is a battle; we must constantly struggle to overcome human weakness, temptation and our sinful tendencies. Our commitment to Christ is not severed by day-to-day failures and weaknesses. The Holy Spirit is our great consoler and encourager Who helps us to be faithful in prayer, to come to know Jesus, to believe that Jesus is God and that He died and rose from the dead to forgive our sins. Through Jesus we have been set free from slavery to sin and, through the Holy Spirit, we are given the means to live a life pleasing to God, supernatural help to persevere and struggle through these challenges.
- The Holy Spirit is the source and strength of our spiritual life. Without turning to Him in prayer, we experience an unfulfilling, frustrating and guilt-ridden up-and-down spiritual life. We are invited to turn to Him for help in any and all circumstances. The grace we receive empowers us to live according to the Spirit. We must cooperate with this grace by listening to the Holy Spirit, following Him and rejecting sin. With the help of the grace of the Holy Spirit, we need to persevere and be faithful. We need to invest in our relationship with the Holy Spirit to experience this real and vital friendship with Him.
- The Holy Spirit will teach us to recognize His **inner promptings**. He teaches us to recognize these movements of guidance and direction during times of silence in prayer while “being with” the Holy Spirit. Look up and discuss these two paragraphs in the *Catechism*. (CCC 1266, 1830)



Spiritual Comprehension – Do they understand?

- Ask questions to ensure that students understand the Pray to the Holy Spirit and are developing a relationship with the Person of the Holy Spirit.
- **The Prayer to the Holy Spirit is the prayer the students should know by heart and with good understanding before they advance to the next grade level. Therefore it should be prayed at every opportunity.** Please continue to teach other prayers.

Encountering God in Prayer

- It is important that we provide students with times of silence so that they can quiet down interiorly and become aware of the Presence of the Holy Spirit within them.
- Prayer is “nothing else than a close sharing between friends; it means taking time frequently to be alone with Him who we know loves us.” (CCC, 2709; St. Teresa of Avila) The Father, Son and Holy Spirit live in us through Baptism. As you begin prayer, close your eyes and take some time in silence to be aware of the Holy Spirit present within you and to greet Him. Think about what you are doing; you are getting

ready to spend this time with the God of the Universe. See on the back side of the Prayer Card how to concretely express a present concern of your heart to Him.

This allows prayer to come from the heart rather than just rattling off rote words.

- Allow the students times of silence in the chapel, where they can pray the prayer to the Holy Spirit and then have time to journal.
- After praying the prayer to the Holy Spirit, allow time for silence so that they can learn how to listen to and recognize the inner promptings of the Holy Spirit.
- In order to pray, we want to be in the present moment. God is not in the past or in the future. He is with us now. Distractions take us to the past or the future. When you experience distractions, gently let them pass. Gently turn your heart back to God.

Scriptural Foundation

- Supernatural power came and continues to come to us from the Holy Spirit. The Book of Acts is referred to as the Gospel of the Holy Spirit.
- The Holy Spirit reminds us to pray and prays in us according to God's will. "The Spirit too helps us in our weakness, for we do not know how to pray as we ought; but the Spirit Himself makes intercession for us with groanings that cannot be expressed in speech. He who searches hearts knows what the Spirit means, for the Spirit intercedes for the saints as God Himself wills. (Romans 8:26-27)
- "For the Holy Spirit will teach you at that time what you should say" (Luke 12:12).
- "If you then... know how to give good gifts to your children, how much more will your Father in Heaven give the Holy Spirit to those who ask Him!" (Luke 11:13).
- "If you love Me, you will keep My commandments. And I will ask the Father, and He will give you another Counselor to be with you forever—the Spirit of truth. The world cannot accept Him, because it neither sees Him nor knows him. But you know Him, for He lives with you and will be in you" (John 14:15-17).
- "But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you" (John 14:26).
- "When the Counselor comes, whom I will send to you from the Father..." (John 15:26).
- "But when He, the Spirit of truth, comes, He will guide you into all truth." (John 16:13).
- "You are witnesses to these things. See I am going to send down upon you the promise of My Father. Remain here in the city until you have been clothed with power from on high" (Luke 24:48-49)
- And with that Jesus breathed on them and said, "Receive the Holy Spirit" (John 20:22).
- "No one can say : 'Jesus is Lord,' except by the grace Holy Spirit" (1Cor 12:1-11)



Resources

- Series on the Holy Spirit entitled "The Wild Goose" by Fr. Dave Pivonka, TOR. Fr. Pivonka has emceed and spoken at the Steubenville Youth Retreats for years. 14 segments, 20 minutes each <https://thewildgooseisloose.com/series-segments/>