

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.

Close this time of prayer with the Sign of the Cross

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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.

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