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. Pray the *Prayer to the Holy Spirit* two times: the first time for understanding, the second time from the heart. Follow the steps that are listed below.

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

Begin your prayer with the Sign of the Cross.
The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

Sign of the Cross

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

(Pray together aloud when praying with family)

Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me.
Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart.

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.

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Prayer to the Holy Spirit* a second time, silently from the heart, more slowly than the first time.
- **CHOOSE a word** or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying.)
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

Close this time of prayer with the Sign of the Cross

Dear Parents,
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. The following text is on their Prayer Card:

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 happiness/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. As we speak with the Holy Spirit each day in prayer, we will come to recognize more and more how much He loves us and find **peace** and **calm** in the midst of life's difficulties.
It is common to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with our Heavenly Father.

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. As you pray this prayer daily 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.

When we pray for something, we can trust that God will answer every prayer in a way that is best for us. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect.

You are also invited to pray to the Holy Spirit about a situation, problem or 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 a few "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 gift 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 Resources to help you go deeper in your relationship with the Holy Spirt,
please visit this site: www.diolc.org/prayer/ 10th Grade