

## **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 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. Pray the *Prayer to the Holy Spirit* every day and at every session. 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.

### The Meaning of the Words

- **Holy Spirit, Beloved of my soul, I adore You.**  
The Holy Spirit is God. The Holy Spirit is "Beloved of our souls" because He is the Third Person of the Blessed Trinity and therefore we adore Him.
- **Enlighten me, guide me, strengthen and console me. Tell me what I ought to do and command me to do it.**

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.

- **I promise to submit to everything that You ask of me and to accept all that You allow to happen to me.** With the help of the grace of the Holy Spirit, we will be strengthened to accept and be faithful in doing His holy will.
- **Just show me what is Your will, O Holy Spirit.** We pray that the Holy Spirit will show us His good and perfect will.



We

### The Principles Underlying the Prayer

- 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 young people 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* in us 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 Holy Spirit is the Soul of the Mystical Body of Christ – the Catholic Church. The Church would have come to an end without the Holy Spirit. 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 out 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* every day, at every session.
- Have discussions about what these titles and symbols tell us about the Person of the Holy Spirit. The meaning and Scriptural references are in the noted Catechism paragraphs.

##### Title (CCC 692-693)

- Paraclete
- The Spirit of Truth
- The Spirit of the Promise
- The Spirit of Adoption
- The Spirit of Christ
- The Spirit of the Lord
- The Spirit of God
- The Spirit of glory

##### Symbols (CCC 694 – 701)

- Water -
- Anointing
- Fire
- Cloud and light
- The seal
- The hand
- The finger
- The dove



- To understand why our relationship with the Holy Spirit is so important, discuss the Theological Virtues of faith, hope and charity, which we receive in Baptism (1Corinthians 13:13; CCC 1812-1829). These Virtues make it possible for us to develop a relationship with the Father, Son and Holy Spirit. We grow in these Virtues by asking the Holy Spirit to strengthen them in us and by making acts of faith, hope and charity in our daily lives (Faith: believing in God and all that He has revealed to us; hope: trusting God’s faithfulness and love for us; charity: loving others for the sake of God).
- The seven Gifts of the Holy Spirit are strengthened in us in the Sacrament of Confirmation so that we can “spread and defend the Faith by word and action as true witnesses, to confess the name of Christ boldly, and never be ashamed of the Cross.” (CCC 1302-1303; 1265-1266) These seven supernatural Gifts are Wisdom, Piety, Fortitude, Knowledge, Fear of the Lord, Understanding, Right Counsel. (Isaiah 11:1-2)
- We need to allow – give permission to – the Holy Spirit to act within us and through us. Memorize the Gifts of the Holy Spirit and discuss why we need each of these Gifts. Write down one Gift and ask the Holy Spirit to increase this Gift in you in order to serve others, which is the heart of the Christian life.
- Another sign of the Holy Spirit’s activity in our lives is the presence of spiritual fruit. The fruit of the Spirit is “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.” (Galatians 5:22-23; CCC 736, 1830-1832;) This fruit is a sign that we are growing in our friendship with the Holy Spirit and becoming disciples of Christ and empowered by God; on our own, we would not produce this kind of fruit. It is God who produces fruit in us when we are connected to Him. This is for the Father’s glory. Write down one of the fruits and ask the Holy Spirit to make this fruit more present and actually noticeable in life? Ask them to relate any experiences after the young people have prayed about this for a week. The following week, ask them to write out a paragraph on any changes they saw or experienced when they asked the Holy Spirit for this grace and were open to Him. The young people that actually pray for this grace will have some pretty interesting comments, enough so, that those that haven’t yet begun will do so as well. Personal witnessing from other young people is quite compelling.
  - Discuss why a relationship with the Holy Spirit is necessary. The Holy Spirit reveals Jesus to us, teaches us to pray and helps us to understand and believe everything that we have come to believe. The Holy Spirit makes Jesus present within us and empowers us to allow Him (Jesus) to live out His life in and through us. (See Index in the Catechism under Holy Spirit on pages 805-807)
- Ask the young people to write down one way that they can be more open and receptive to the working of the Holy Spirit, and one way that they have been resistant?
- Ask the youth to think of an area of their life that they have not been able to exercise self-control: such as eating, exercising, sleeping, drinking, gossiping, being jealous. Sin is addictive. Encourage them to ask the Holy Spirit to help them in this specific area. Pray for the grace to be more open to His guidance through any promptings or “nudge” He might give.



### 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. His supernatural help, which we call grace, will help you 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 is what empowers us to live in accordance with the Holy Spirit. We must cooperate with Him by utilizing this grace to reject sin, continually listen to the voice of the Holy Spirit in our hearts and follow His guidance. In cooperating with the grace of the Holy Spirit, we are enabled to persevere and be faithful. In order to experience this very real power that flows from this friendship with Him, we need to invest in our relationship with the Holy Spirit on a daily basis.
- The Holy Spirit will teach us to recognize His 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 young people understand the *Prayer 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 youth should know by heart and with good understanding as they will need the guidance of the Holy Spirit for the rest of their lives. Therefore, it should be prayed at every opportunity. Please continue to teach other prayers appropriate to this age level.

#### Encountering God in Prayer

- It is important that we provide youth 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 we begin prayer, we close our eyes and take some time in silence to be aware of the Holy Spirit present within us and greet Him. Think about what we are doing; we are getting ready to spend this time with the God of the Universe. This allows prayer to come from the heart.
- When we have a situation, a problem or an issue with which we need help and guidance, we want to know the best answer to this situation that would bring us and everyone else involved great happiness/joy as we discover it? We need to pray this prayer, give the situation to the Holy Spirit and ask Him to show us the way to the best resolution or answer. We will want to be listening and on the “lookout” for ways in which the Holy Spirit will answer us: through peace in our heart; circumstances around us; words that people say that seem to stand out in giving direction in this regard.



- Allow the young people times of silence in the church/chapel, where they may pray the *Prayer to the Holy Spirit* in the following manner:
  1. Read the words of the Prayer to the Holy Spirit slowly and thoughtfully, 2 or 3 times.
  2. Consider the meaning of the words and does it remind you of something in your life? (In other words, ponder how this does or might relate to your life.)
  3. Notice what word or phrase stood out for you and why (Conversation with God). Think about how this word or phrase relates to God the Holy Spirit and His love and care for you. Have a heart-to-Heart conversation with the Holy Spirit. This takes prayer to the next level of a deep personal encounter. (The first three steps above are considered meditation.)
  4. Repeat silently a word or phrase several times slowly and then rest in God. (This step is considered contemplation – being still and resting in God’s presence.)
  5. Allow 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 we experience distractions, we gently let them pass and turn our heart back to God.

### Scriptural Foundation

- 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. (Romans 8:26-27)
- “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)

