

Day 3: Sunday, June 1, 2025***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.

Ask the Holy Spirit for an increase of the Gift of Understanding.

The Gift of Understanding is penetrating insight into the very heart of things, especially those higher truths that are necessary for your eternal salvation—in effect, the ability to “see” God. The Gift of Understanding is being enlightened through receiving the Sacraments and daily prayer. Ask the Holy Spirit to teach you how to pray in a deeper way, and to help you to learn how to be quiet, to be still and to listen to the Holy Spirit.

Developing a Friendship with the Holy Spirit

- The spiritual life is a battle; every person must constantly struggle to overcome human weakness, temptation and sinful tendencies. Your commitment to Christ is not severed by day-to-day failures and weaknesses. The Holy Spirit is your great consoler and encourager Who helps you 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 your sins. Through Jesus you have been set free from slavery to sin and, through the Holy Spirit, you 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 your spiritual life. Without turning to Him in prayer, you will experience an unfulfilling, frustrating and guilt-ridden up-and-down spiritual life. You are invited to turn to Him for help in any and all circumstances. The grace you receive empowers you to live according to the Spirit.
- You 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, you will be strengthened to persevere and be faithful. You will want to invest in your relationship with the Holy Spirit so as to experience and deepen this real and vital friendship.
- The Holy Spirit will teach you to recognize His **inner promptings**. He will help you to recognize these movements of guidance and direction during times of silence in prayer while “being with” the Holy Spirit. (*Catechism of the Catholic Church*, paragraphs 1266 and 1830) A good way to begin is to meditate on a passage of Scripture, such as from the Gospel of Luke and then spend a few minutes in silence.

