

Day 7: Thursday, June 5, 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.

(by Cardinal Mercier)

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

The Supernatural Gift of Piety is knowing and loving God, our Heavenly Father as a son or daughter truly would, with filial affection. If you want to mature in your spiritual life, you must love God more than any person or material object. The challenge of discipleship is to love the Giver more than the gift. Receiving the Sacraments of the Holy Eucharist and Penance help us



to grow in the gift of piety. Confession is the hardest Sacrament of all because you have to make yourself vulnerable to another human being. When you receive this Sacrament regularly, you will obtain intimacy with God. If you do not learn to be friends with the Lord in confession, there is a depth that you will never attain. You will also want to go to Mass and receive the Eucharist, Jesus Himself, every Sunday and during the week if possible. Further, there is a depth in the Mass that you will only attain if you persevere in your relationship with the Lord.

Encountering God in Prayer

- Prayer is “nothing else than a close sharing between friends; it means taking time frequently to be alone with Him who you know loves you.” (CCC, 2709; St. Teresa of Avila)
- The Father, Son and Holy Spirit live in you 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 greet Him. Think about what you are doing; you are getting ready to spend this time with the God of the Universe.
- Pray the *Prayer to the Holy Spirit* and then take time to journal: note what word or phrase stood out for you and why. Repeat that word or phrase over and over again slowly. 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 about something that is weighing on your heart. This takes prayer to the next level of a deep personal encounter. 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.