

Day 8: Friday, June 6, 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 Fear of the Lord.

Fear of the Lord is “filial” or chaste fear whereby you revere God and avoid serious sin because you would separate yourself from Him. This is very different from “servile” fear, whereby you act more out of fear of punishment. The Gift of Fear of the Lord is a holy fear that fills you with a loving reverence towards God and stirs in you a fear of offending Him, by avoiding anything that may displease Him. God is good and deserving of all of your love. This is the depth that you need and want to attain in your spiritual life.

- Why is a relationship with the Holy Spirit necessary for each believer? The Holy Spirit reveals Jesus to you, teaches you to pray and helps you to understand everything that you have come to believe. The Holy Spirit makes Jesus present within you and empowers you to allow Him (Jesus) to live out His life in and through you. (See Index in the *Catechism* under Holy Spirit on pages 805-807) Discuss this with a friend.
- A sign of the Holy Spirit’s activity in your life 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 you are growing in your friendship with the Holy Spirit, becoming a disciple of Christ and being empowered by Him; on your own, you would not be able to produce this kind of fruit. It is God who produces fruit in you when you 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. After a week, make note of any changes you saw or experienced when you asked the Holy Spirit for this grace and were open to Him. Relate to another person how God answered this prayer.
- The Holy Spirit lives in you. Cooperate with God’s grace by aligning yourself with the Holy Spirit so that you can first receive guidance from Him and then be a blessing and of service to other people.
- Write down one way that you are open and receptive to the working of the Holy Spirit, and one way that you are resistant?
- Is there an area of your life that you have not been able to exercise self-control: such as eating, exercising, sleeping, drinking, gossiping, being jealous, etc. Sin is addictive. Ask the Holy Spirit to help you in a specific area that you struggle with.

