



the Holy Spirit

Our Greatest Hidden Friend

When we call somebody a friend, we usually have in mind someone that we know rather well, and with whom we enjoy spending time. We know that this person would walk with us through a difficulty or assist us with solving a problem.

Actually, our “Greatest Friend” is God the Holy Spirit. 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) Our Father sent the Holy Spirit – the third Person of the Blessed Trinity – to live in our hearts and bring us closer to Jesus.

The Holy Spirit is our great 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. Jesus has set us free from slavery to sin, for a life of joy, peace and fulfillment as found through a relationship with the Holy Spirit and by following His guidance.

The spiritual life is a battle; we must continually struggle to overcome human weakness, temptation and our sinful tendencies. The good news is that the Holy Spirit is the source and strength of our spiritual life. By turning to Him in prayer, we

avoid an unfulfilling, frustrating and guilt-ridden up-and-down spiritual life. His supernatural help, which we call grace – which is God’s very own **POWER** imparted to us – will help us to persevere and struggle through all challenges. We must cooperate with Him by utilizing this grace to reject sin, continually listen to His voice in our hearts and follow His guidance. In cooperating with of the grace of the Holy Spirit, we are enabled to persevere and be faithful. We experience this very real power that flows from this friendship with Him when we invest in our relationship with the Holy Spirit on a daily basis.

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.

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. We can pray: “Holy Spirit please help me.” Or “Holy Spirit please guide me.” The Holy Spirit is known as our Counselor, Guide, Comforter, and Intercessor. These names draw

attention to all the ways the Holy Spirit will assist us. Jesus said, “I will ask the Father, and He will give you another Helper who will remain with you forever ...You know and recognize Him, for He will be in you” (Jn 14:16-17).

In everyday situations, the Holy Spirit is concerned with the smallest details of life as well as the most significant decisions. One of the ways He helps us is by saving time through arranging circumstances, in creative and unique ways. Recently, I was at the hospital to pick up a pair of glasses. I had a strong sense that I should eat dinner there, which I normally would have never considered and wondered “What’s this all about?” As I left the cafeteria, walking through the hallways after hours, I met my doctor, who had wanted to see me. In the moment, she related the helpful and beneficial information that would have required setting up an appointment and making a special trip. This God-arranged encounter saved me time, effort, concern – and money! Anything that is truly helpful to our spiritual lives are inspired by Him in countless ways.

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