

## The Holy Spirit and our Spiritual Life

### 1- Who is the Holy Spirit?

The Holy Spirit is God, uncreated, the third Person of the Trinity. He is the Person of Love in the Trinity (St Augustine)

- Uncreated Gift, The Gift

- Created Gifts (the 7 Gifts) Isaiah 11:2. Rev 1:4; 3:1; 4:5; 5:6.

Wisdom, Understanding (Intelligence); Knowledge (science), Counsel, Piety, Fortitude, Fear of God.

- His Energies (for the Body)

- Charisms (at the service of Jesus' mystical Body): healing, preaching, prophecies, explaining prophecies and discerning, singing in tongues,...

- For the Holy Spirit's Fruits see Ga 5:13-26.

### 2- What does the Holy Spirit wants to do in us ?

- **The Goal of Spiritual Life** : the Holy Spirit's main action is to incarnate Jesus in us, make him grow in us. He does it first in Mary, and in Mary in us. See Annunciation.

He impregnates all the Human of Jesus (body, soul and spirit). "Someone touched me; I know that power has gone out from me." (Luke 8:46) Christ=Messiah=Anointed.

He only acts perfectly (without obstacles) in Mary.

The goal of Spiritual Life for the Eastern Churches is the 'Acquisition of the Holy Spirit'. The human being is a divine chandelier, created by God at his image and likeness, like a chandelier with 7 branches, each one having its lamp ignited. During our journey of sanctification Jesus wants to ignite the seven branches chandelier. This is why we have 7 x 7 days between Easter and Pentecost.

- **Means** : Master of our sanctification. Guide. Receive Him (The Our Father = Receive the Holy Spirit). To be guided by Him (He is the New Law of God in us). He has to dwell in us, to impregnate us, totally (body, soul (emotions, mind, will, imagination), spirit).

- **Where does he work in us ?** Body (senses), soul and spirit.

- **Different ways of acting** : according to the needs of each stage in spiritual life : purification (senses, emotions, spirit), ornamentation, love of Christ, sparkling (to give God to God, to give God to the others), pure acts of fight.

- The Holy Spirit knows what God wants, He prays in our spirit, 'in sighs too deep for words' (Romans 8:26).

**3- Jesus promises** to send the Holy Spirit, "another Comforter". See John 14-16. Jesus is the first comforter.

**4- Why** Jesus promises the Holy Spirit? What does the Holy Spirit do? He is the "inner Master", the Guide who will lead us to the fullness of Truth. He reminds us Jesus' Words, make them alive. He is the "giver of life".

### 5- Some names of the Holy Spirit

Comforter – Presence of God in us – beginning of Eternal Life in us 2 Cor 1:22.

God's Finger. (Luke 11:20) Why? He touches us. First Person of the Trinity to touch us.

Sanctifies us – transforms us. Makes Jesus grow in us.

Purifies us (removes all what is not Jesus in us).

Nourishes us (makes us 'eat Jesus').

**Images** of the Holy Spirit: Wind (breath: Ruah in hebrew), Cloud, Dove, Water, Fire, God's Finger.

**6- When do we receive Him?**

After Baptism and Confirmation, we receive Him mainly during the Mass: the two Tables, the Table of the Word of God (The Word of God is the Holy Spirit's Sword) and the Table of the Body and Blood of Jesus (the Communion we receive is full of the Holy Spirit).

We receive the Holy Spirit during the digestive processes of the Mass: Lectio Divina, Prayer of the heart.

**How do we receive him?** Giving ourselves to Him, to God. See Act of Oblation of Ste Therese.

**7- His action in us**

He acts, in different ways, on the three levels of our being:

spirit (The Gift, uncreated)

soul (his 7 Gifts)

body (his energies).

**Note:** For the energies see "Veni Sancte Spiritus" (see texts). For the link between the 7 Gifts and the 7 demands of the Our Father. See St Augustine Comment on the Sermon of the mountain (see texts).

He makes us see the Risen Lord, and hear His voice in our heart/conscience. Without him there is not spiritual life, and without him there is no prayer, this is why we start always our prayer by asking for his Help.

He is the main actor in the Examination of Conscience, he shows us our sin and the mercy of God.

**8- How do we correspond to His Action ?**

- Listening to His Voice (*lectio divina*)
- Offering ourselves to God, in order to receive his Love (the Holy Spirit). Offering ourselves to the Holy Spirit: the Prayer of the heart.
- Allow the spiritual senses to grow in us.
- To listen to his inspirations during the day (to discern and get to terms with reason)
- See Day 4, synergy with the Holy Spirit, the example of dancing.
- Getting close to Mary : this is the logic of Incarnation.

**9- How could we discern his Action in us and his inspiration ?**

- Any spirit that recognises and confesses the Incarnation comes from God. See 1 John 4:2-3.
- By experience, the 'spiritual senses',...
- To follow the word of God and deepen our understanding of it
- Discernment: to listen to God through the Spiritual Director
- Science: Formation, Courses, Readings, Studying

**10- Tips:**

When we find our spiritual life lukewarm, we could do a novena to the Holy Spirit.

We could read and do the Act of Oblation of St Therese of the Child Jesus to the Merciful Love of God.

To love is: 1- to give everything, 2- to give oneself 3- and to give the Holy Spirit (the Love of God) to others.

**11- Readings:**

Encyclical letter JP II "Dominum et vivificantem". Catechism. Acts 2: 19; 20. Luke 1, Jn 2, Jn 14-16; 19.20. Saint Augustine, *On the Sermon of the Mountain*, Book II, Chapter 11 St Thomas Aquinas, *Summa Theologica*, II-II, Q83 a.9. Veni Creator Spiritus. Veni Sancte Spiritus.