

## Praying in the Holy Spirit

Tonight we are going to pray in the Spirit. There are as many ways to pray in the Spirit as there are people who choose to pray in the Spirit. So there is no right or wrong way to do this. The Spirit knows the heart and mind of each one of us intimately. The Spirit will work in each one of us in a way that is good for each of us and will bring us to life in a unique way. What I share with you now, is based on how I sometimes pray in the Spirit, so feel free to pray now in this way with me, and afterwards modify it, adapt it or develop your own way of praying in the Spirit – part of the great adventure of prayer is about developing your own style of prayer with the help of the Holy Spirit.

Outline: -

1. The first part of the prayer is to find silence – begin with a prayer to the Holy Spirit which invites the Spirit to be active in your heart, mind and soul – the same Spirit you received in baptism and confirmation and continues to work in you. We pray that the Spirit will make us aware of God's presence within us and around us.

*Come Holy Spirit, fill the hearts of the faithful, enkindle in them the fire of your love. Send forth your spirit and they shall be created and you shall renew the face of the earth. Let us pray. O God who by the light of the Holy Spirit did instruct the hearts of the faithful, grant that by the same Holy Spirit we will be truly wise and ever rejoice in his consolation, through Christ our Lord. Amen.*

Spirit of the living God, fall afresh on us. Help become aware that God is always near to us, loving us as we are, here and now. Open our eyes to see where God in his love was active in us today. In the silence, ask the Holy Spirit to show you when you were prompted to reach out to help someone, contact a family member, make time to listen to someone who has worries. Ask

the Holy Spirit to show you times today when you felt gratitude for the goodness of someone you met, gratitude for the beauty of creation, gratitude a child you spent time with today. Give thanks for something you enjoyed today, a piece of music you heard, a picture you saw, the sound of laughter, your own or someone else's, give thanks for anything that enriched your life today. As you remember these moments, give thanks to the Holy Spirit for drawing your attention to the ways in which God is touching your life.....

2. The second part of the prayer – we will praise and give thanks to the Spirit using some of the names that are given to the Spirit in the scriptures and the tradition of the Church. And along the way we will pause in silence just to wait on God – no words are needed – just the awareness of the Spirit at work in us – praying on our behalf to our Father.

In John's gospel, Jesus says, 'It is the Spirit of God who gives life.' Let us pray, We praise you Holy Spirit, Giver of life. You created me to live in this world. I thank you for the wonder of my being in the world. May I never take this gift of my life for granted. Help me to live with a grateful heart so that all I am and do will show the goodness of God in the world. Take a few moments to praise the life giving Spirit for whatever is good in your life and reveals the goodness of God to you each day.

The Holy Spirit is the consoler/comforter of God's people. Through the gentle touch of the Spirit, Jesus consoled and comforted so many people in need of healing and consolation. We need only think of the poor he fed, the lepers he touched,

the blind he gave sight to, the dumb whom he gave a voice to, the sinners he spoke a word of forgiveness to, the grieving widow he gave hope to....In all these ways the Spirit was active in and through the words and actions of Jesus. The Spirit continues to be active in and through the risen Jesus, in and through the sacraments of the Church, in and through the words of scriptures, and in and through you and me. Take some time now to remember when you felt comforted by the Holy Spirit. Recall the details, what was said or done that comforted you and gave you hope? Thank and praise God in your own way. ....Remember a time when something you said or did comforted someone in need of your support.... thank and praise the Holy Spirit for working through you in that moment.

Jesus tells us in John's gospel that the Holy Spirit is the Advocate, the one who helps and intercedes for us before God the Father. Ask the Spirit to show you what to pray for, - forgiveness, courage to speak the truth, an opportunity to use your talents and abilities in worthwhile employment, wisdom to make the right decision about your direction in life..... Take a moment now to name what you need to help you live as a true friend of Jesus. Take time now to ask the Spirit to intercede for you before your Father in Heaven.

3. The third part of the prayer is take a little time to give thanks for the fruits of the Spirit (Letter to the Galatians 5) –

Listen now to the fruits of the Spirit. Notice the one that stands out for you most. You may want to pray for it if you feel the absence of it in your life. Or you might want to thank God for a particular fruit of the Spirit that gives

you life and energy during these days of Lent. Listen to the fruits -

Love, joy, peace, patience, kindness, goodness, trustfulness, gentleness, and self control - others include, hospitality, forgiveness, compassion. Choose one to ask for or give thanks for..... Now think of someone you know at home, or at work or school. What fruit of the Spirit have you seen active in that person recently? It is a sign of the Holy Spirit at work in him or her. Thank God for what he is doing in that person.....

4. The final part of the prayer is just a short time to be still and savour the gifts and blessings of this prayer time.

Notice how you feel? What is staying with you ? -a memory recalled in this prayer time, a person you thought of, something or some gift you have asked God for. In the silence rest in the awareness that God is here with you giving you his complete attention, loving you as you are here and now.

Glory be to the Father, and to the son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.