

Scripture Reading

A Reading from the Gospel according to John (*John 14:16-17*)

And I will ask the Father, and He will give you another Advocate to help you and be with you forever - the Spirit of Truth. The world cannot accept Him, because it neither sees Him nor knows Him. But you know Him, for He lives with you and will be in you. The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection – God’s Spirit is always within us to guide and comfort us

The Holy Spirit is a real Person; the third, distinct Person of the Holy Trinity God. He is truly God. He is eternal, omniscient (all knowing), omnipresent (present everywhere), and omnipotent (almighty). He is the reciprocal love of God the Father and Jesus. He is the Spirit of God the Father and Jesus, inseparable from the Father and the Son. God is always present within us through the presence of the Holy Spirit. The Holy Spirit is with us right from the beginning. *When You send Your Spirit, they are created ... (Psalm 104:30)*. The moment God withdraws His Spirit from us, our physical death occurs. *For in Him we live and move and have our being (Acts 17:28)*. Do we feel that God is far away especially in times of adversity? It is just a feeling, not a true reflection of reality. The Holy Spirit, our sweetest Comforter and most welcome Guest of our soul is always with us, and is the One Who gives and sustains life in us. In the absence of the Holy Spirit, there is no life.

The Holy Spirit is given to us to sanctify us in preparation for eternal life. He is our inmost Guide, our inmost Comforter. Before He ascended into heaven, Jesus promised His disciples that He would send the Holy Spirit. As the disciples were sad that He was going away, Jesus explained that it was better for Him to go back to the Father so that God the Father can send them the Holy Spirit. Only when Jesus enters into His glory then the Spirit will be given (cf. John 7:39). The Spirit was given to complete the sanctifying work of Jesus in the souls of the disciples and to prepare them to be witnesses of Christ, the absolute and unchanging Truth. The Spirit is given to all especially those who believe in Christ. God’s power works in us through the grace of the Holy Spirit within us. The Holy Spirit is the Spirit of Truth. To those who believe in Christ, the Spirit imparts the truth. No one can profess Jesus is Lord except by the Holy Spirit (cf. 1 Corinthians 12:3).

It is only by the Holy Spirit that we can understand the truth of the gravity of sin, the truth of the difference between right and wrong, and the truth of God’s final judgement on sinners (cf. John 16:8). The secular world which rejects the existence of God and all that God stands for, does not understand the nature of sin and denies the existence of sin. It cannot truly grasp the eternal truth of the difference between right and wrong, and so yields to a strident minority who wishes to impose their sinful lifestyles and false ideology on others by pushing aggressively for legislation of abortion, euthanasia, same sex marriages, etc. In our godless world of today, people mindlessly deny the existence of absolute truths which are divine truths (cf. John 14:6). Instead, as a result of diabolical deception of the mind, people readily embrace false concepts such as moral relativism which basically says there is no such thing as absolute right or wrong but all depends on how you look at it. This, of course, is the strategy of the Evil One who wants to convince the world that sin and, therefore, hell do not exist.

For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live (Romans 8:13). In this mortal body, we have a perennial internal struggle between our body and the Spirit, between our freewill and the divine will, and between our former concupiscence and our growing new nature of grace. Even after the reception of the sacraments of Baptism and Confirmation, we still have an inherent inclination to sin – our former concupiscence, a result of Original Sin. Thus, we are called to spiritual battle, first and foremost, within ourselves. The Holy Spirit is given us so that we will not give in to the unruly passion of the body, the “old man” within us but that in every temptation the Holy Spirit provides us with the corresponding grace to overcome victoriously to live a life of grace which needs to be lived even before we enter into the glory of our eternal inheritance after this pilgrimage on earth.

Conversation with Jesus: Precious Lord, thank You for the inestimable gift of the Holy Spirit: the Spirit of Truth. It is only by the power of Your Spirit that we can profess You our Lord and God. It is only by Your Spirit that we are made children of God. It is only by Your Spirit that we can call God “our Father”. It is by Your Spirit that we are taught the divine truths and given an understanding of Your teachings, precepts and ways. It is by Your Spirit that You accomplish sanctification within us. Flood our souls with the fullness of the Holy Spirit, and give us the graces to always follow His inspirations and never to grieve Him by unfaithfulness to grace. Mary, Spouse of the Holy Spirit, please intercede for us. Thank You, Jesus. Praise You, Jesus.