



Scripture nugget – Led by the Holy Spirit

Consequently, brothers, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live. For those who are led by the Spirit of God are children of God (Romans 8:12-14).

The desires of the Holy Spirit are opposed to the desires of our flesh which is our weak, fallen human nature. *For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want (Galatians 5:17).* Clothed in weak human flesh but holding the Spirit of God within us like in fragile earthen vessels, we are in inner conflict between good and evil every day of our life. St Paul expressed it so aptly: *For I know that good does not dwell in me, that is, in my flesh. The willing is ready at hand, but doing the good is not. For I do not do the good I want, but I do the evil I do not want (Romans 7:18-19).* By our own human power, our good intentions will just remain good intentions but with the power from God's grace, good intentions can be transformed into the fulfillment of God's will. The Holy Spirit, our Sanctifier, is our best friend Who is always with us, preparing our souls, with our cooperation with His grace, for our glorious eternity. We are never alone to face the temptations and difficulties of life. However, the Holy Spirit speaks only through gentle inspirations: never loud, nor imposing nor demanding. God always respects our freewill. How do we humble ourselves to heed the inspirations of the Holy Spirit, a sure way to holiness?

The Spirit Himself bears witness with our spirit that we are children of God (Romans 8:16).

It is only by the Holy Spirit that we can cry out to God: "Abba, Father!" (cf. Romans 8:15). Our spirit is weakened by our sins, unforgiveness, pride, self-righteousness and weak faith. Unforgiveness and hatred harden our heart and obstruct grace. Pride blinds us to our own sins but highlights those of others. Without self-knowledge there is little motivation for growth in holiness. Self-righteousness is a great temptation for consecrated souls. Satan also uses this trap for souls trying to grow in holiness and souls that are stubborn unbelievers. These souls usually have excessive confidence in themselves, have difficulty in looking from the perspective of others because of weak love for others, and difficulty in discerning the truth because of their underlying weak faith. When our heart and spirit are hampered by these obstacles, it is much harder for us to heed the gentle inspirations of the Holy Spirit. The more we guard our heart and mind with holy love and humility, the more we can be led by the Holy Spirit. The more we are led by our feelings, our preferences, our passion and personal agenda, the less we can be led by the Holy Spirit.

Conversation with Jesus: Precious Lord, thank You for the priceless gift of Your Spirit, the Spirit of Truth and Love. Your Spirit leads me into all truth (cf. John 16:13) and floods my heart with Your love (cf. Romans 5:5). Overflow me with Your Spirit, purify me of pride, error and iniquities, and fill me with a deep, abiding love for You and all that You stand for. Forgive me all my past sins and impart to me the 7 gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. Humble my spirit to heed the gentle inspirations of Your Spirit so that I can walk on the true path. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.