



Scripture Nugget – The Chosen and Elect are led by the Holy Spirit

Jesus answered and said to him, “Whoever loves Me will keep My Word, and My Father will love him, and We will come to him and make Our dwelling with him. The Advocate, the Holy Spirit that the Father will send in My Name - He will teach you everything and remind you of all that I told you (John 14:23, 26).

The Holy Spirit is given to us for our sanctification. After Jesus ascended into heaven, He sent the Holy Spirit upon His Apostles who were empowered supernaturally to proclaim the Good News of Christ. The Holy Spirit is given to us during Baptism and Confirmation, and is the first instalment and guarantee of our glorious, eternal inheritance (cf. Ephesians 1:14). God works within us through His Spirit, the Holy Spirit - the Spirit of Truth. All our good intentions and the power to carry them out are from the Holy Spirit (cf. Philippians 2:13). Through the light of the Holy Spirit we understand the truths of our faith taught to us by Christ. The Holy Spirit which inspires us to purity and holiness is given to us to overcome our sinful, fallen human nature - the “flesh” or concupiscence which inclines us to impurity and sin. The works of the “flesh” are the different forms of sin while the fruits of the Spirit are love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control (cf. Galatians 5:19-23). The desires of the Spirit and the “flesh” are diametrically opposed, so we will always experience a struggle within us whenever we want to do the right thing.

Opening ourselves to the working of the Holy Spirit within us. God calls everyone to holiness. This call is not restricted only to those who lead religious lives formally consecrated to God. Jesus says to us: “Be perfect, as your heavenly Father is perfect” (cf. Matthew 5:48). We are called to perfection in holiness because God made us destined for heaven. We have the power to be holy because God’s graces are always with us. God does not force His salvation on us. Through our free will, we have the freedom to live as we choose. By our mindset, our attitudes, the things we hold dear in our heart, our life priorities/choices, and the way we live our lives, we either open or close ourselves to the working of the Holy Spirit in our souls. We need to differentiate between the incessant calling of the secular world from God’s calling to live earthly lives worthy of His children. We need to be prudent on the use of our limited time on earth as there are many earthly and trivial pursuits that demand and dissipate our time. We need to understand the vital importance of personal prayer and quiet time for reflection in order to develop our relationship with God, to submit to His presence, His will, His transforming power. As St Paul so aptly advises us: *work out your salvation with fear and trembling* (Philippians 2:12).

Conversation with Jesus: Precious Lord, thank You for the gift of Your Spirit - the Holy Spirit - my most intimate divine Companion in Whom I live, move and have my being. Open the eyes of my heart so that I can discern the areas in my life I need to surrender to Your Lordship. Heal my heart of all hurts, grudges, hatred and unforgiveness and anything that is not from You, and fill it with Your love. Purify my mind of all falsehoods, deception, impurity, stubbornness and any thinking which opposes the truth. By Your Passion, fill me with Your light and strength so that I can discern and accept God’s will for my life, and respond faithfully to the holy inspirations of Your Spirit. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.