

Scripture Reading

A Reading of the Gospel According to John (*John 14:15-17, 25-27*) *Jesus promises the Holy Spirit*

If you love Me, you will obey what I command. And I will ask the Father, and He will give you another Counsellor to 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. All this I have spoken while still with you. But the Counsellor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. The Gospel of the Lord. R. Praise to You Lord Jesus Christ.

Reflection ~ Receive the Power from on High

We need the Holy Spirit for a victorious Christian living. Jesus said that we should be glad He was ascending to His Father. For He was going to send the Holy Spirit. Obviously, we need the Holy Spirit. Just as Jesus was anointed with the Holy Spirit before He started His public ministry, the disciples were anointed with the Holy Spirit at the first Pentecost before they went out to spread the Good News of Jesus. Jesus did not commission His disciples to go out to make disciples of all nations (cf. Matthew 28:19-20) without equipping them to do so. That was why Jesus commanded the disciples to stay in Jerusalem to wait to be clothed with the power from on high - the Holy Spirit.

The Spirit of truth will teach you all things and will remind you of everything I have said to you (cf. John 14:17,26). The Holy Spirit enables us to understand the teachings of our faith and helps us to remain in the truth. This was amply demonstrated when Peter, despite lacking in education and knowledge of Scripture, was able to preach effectively the truth of Jesus after he was anointed with the Holy Spirit, substantiating his preaching with relevant quotes from Scripture (cf. Acts 2:14-41), and winning over for the Kingdom of God three thousand people at a single preaching!

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! (cf. Matthew 7:11). Jesus said that we just need to ask the Father for the gift of the Holy Spirit. But how do we ensure the power of the Holy Spirit will be manifested throughout our lives? How do we live a Spirit-filled life? For this, we can take a look at the life of Jesus. After Jesus was baptised, He was led by the Spirit into the desert where He fasted for forty days. And it was only after this period that Jesus emerged in the power of the Holy Spirit. In the desert, Jesus committed Himself to the Father and realigned Himself again to the will of the Father. Through prayers and fasting, Jesus totally immersed Himself in His Father's love and Will. Thus, in the power of the Holy Spirit throughout His public ministry, Jesus was unstoppable and able to fulfil His mission on the Cross and give glory to His Father.

Conversation with the Lord

Precious Lord, grant me a fresh outpouring of Your Spirit into my heart so that I maybe able to live a victorious Christian life. I pray that I will never do anything that will grieve the Holy Spirit and cause Him to have a lesser role in my life. Following in Your footsteps, I empty my heart of all self desires and realign myself with God's will. Help me to recognise and accept God's loving will in my life so that I can always remain open and alert to the promptings of the Holy Spirit, and that I may manifest the Spirit's fruits of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (cf. Galatians 5:22) to those around me. Through my devotion to Mother Mary, the Spouse of the Holy Spirit, help me to always have the fullness of the Holy Spirit in my life. Come, Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, Your well-beloved spouse. Thank You, Jesus. Praise You, Jesus.

I can do all things in Him who strengthens me (Phil 4:13)