

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 – The faithful friend who is with us from the beginning to the end

The Holy Spirit is a real Person, the third Person of the Holy Trinity God. He is truly God. He is eternal, omniscient (all-knowing), omnipresent (present everywhere), omnipotent (almighty). He is a distinct Person just like Jesus and God the Father. They are always together but are distinct from each other. In the Acts of the Apostles, the Holy Spirit has been recorded to speak to the Apostles, instruct them, empower them, call and commission them and even reveal secrets to them (cf. Acts 5:1-3). The Holy Spirit yearns to have a true relationship with us so that He can freely form us into the image of Christ and so prepare us fit for eternal life. Thus, having a loving relationship with the Holy Spirit is of paramount importance for us to mature in spirituality.

The Holy Spirit is with us from conception to death. *When You send Your Spirit, they are created... (Psalm 104:30). The Word of God and His breath (i.e. the Spirit) are at the origin of the being and life of every creature (CCC 703).* We are never left alone to our own devices by God. God's presence is in every person through the Holy Spirit Who will only be withdrawn at the moment we breathe our last. Though we may feel lonely and miserable at times, it is just a human feeling as the Spirit Who gives real peace and true joy that no human fellowship or earthly treasures can ever bring, is always with us. The Holy Spirit is our faithful friend Who will never abandon us but we can limit Him from having influence in our life by our habitual and unrepentant sinfulness and pride.

Christ's mission of salvation is wholly united to the work of the Holy Spirit. The Holy Spirit prepares the way for the coming of Christ. He inspires the prophets on the coming of the Messiah. He overshadows our Blessed Mother Mary in giving flesh to the Incarnate Word of God. God the Father anoints Jesus with the Holy Spirit (cf. Acts 10:38). It was only after being filled with the power of the Holy Spirit on emerging from His 40-day fasting in the desert, did Jesus embark on His public ministry. God the Father raised Jesus from the dead through the power of the Holy Spirit (cf. Romans 8:11). It is the Holy Spirit Who continues mightily the work of Christ after His ascension into heaven, especially through the Sacraments of the Church. The Holy Spirit is not very visible in the Bible because His work is to bear witness to Jesus and to continue the work of Jesus in a mostly hidden way. He is the divine agent of Jesus, saying nothing of His own but taking from Jesus and giving it to us, thereby glorifying Jesus (cf. John 16:13-15).

The more we renounce ourselves, the more we live by the Spirit. God gives us the Holy Spirit for our life and sanctification, to prepare us fit for eternal life. The Holy Spirit is the most faithful friend we can ever have. He is always in us assisting us in every present moment with His graces. *Because you are His sons, God sent the Spirit of His Son into our hearts, the Spirit who calls out, "Abba, Father." (Galatians 4:6).* It is the Holy Spirit Who enables us to call God: our Father. He leads us to the saving, eternal Truth. He reminds us of Christ's teachings and opens our minds to understand them. He will not teach us anything new from Himself but will take from what belongs to Christ and declare it to us. The Holy Spirit is grieved and saddened (cf. Ephesians 4:30) when we persist in our selfish, ungodly ways despite His inspirations, graces and gifts. We need the Holy Spirit to grow in holiness and to reach heaven.

Conversation with the Holy Spirit: Precious Lord, You are the Spirit of God the Father and Jesus. Though a distinct Person, You are one in love with them. You are the fruit of the mutual love of God the Father and Jesus. You are given to me for my sanctification to mold me into the image of Christ in order that I may share Christ's glory in eternal Paradise. I thank God the Father and Jesus for giving their Spirit to be my faithful friend. Forgive me for the times when I have ignored Your holy Presence in me. Help me build a loving relationship with You so that I may always open my heart and my mind to Your holy inspirations and graces. Mold me so that practising Christ's teachings and His Word will be the way of my life. Mary, Spouse of the Holy Spirit, intercede for me and help me seek to live in the holy presence of the Spirit always. Thank You, Lord. Praise You, Lord.