



THIS IS THE DAY

Psalm 118:24 (JB)

This is the day Yahweh has made;
let us rejoice and be glad in it.

DAY 1 MORNING PRAYER:

Psalm 100 (NIV)

Enter his gates with thanksgiving and his courts with praise.

¹ Shout for joy to the LORD, all the earth.

² Worship the LORD with gladness;
come before him with joyful songs.

Enter his gates with thanksgiving and his courts with praise.

³ Know that the LORD is God.

It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving and his courts with praise.

⁴ Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

Enter his gates with thanksgiving and his courts with praise.

⁵ For the LORD is good and his love endures forever;
his faithfulness continues through all generations.

**Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever.**

Amen.

Enter his gates with thanksgiving and his courts with praise.

MEDITATION

THIS IS THE DAY I HAVE MADE FOR YOU, HEART OF MY LONGING. Alleluia, he is Risen!
Today, the Feast of the Resurrection, Easter Sunday, is the day to which all time has pointed and
the day from which all true-life flows. This day I made for you. This day is like no other for it is a

day from which you can draw life for every day from this day into eternity. Today, Jesus, your Savior, the Lover of Mankind and the Vanquisher of Hell, rose from the dead to become the Source of New Life for you. The Father has sent Me to give you, from what Jesus did for you in his bitter passion, crucifixion and death, and resurrection, all that you need for life and godliness.

Over these next 50 days, as you look toward Pentecost, I want to walk with you, if you will let Me, uncovering a deeper relationship for you and Me. Today, I stand looking over these days, with great expectancy of all that will unfold in you, Heart of My Longing. My heart is filled with joy that we will spend these next 50 days together. I know all that I have been waiting to be and to do for you during this time, and you are about to be blessed. Again, you have no idea of the great joy that fills Me as I consider these coming days. Easter is not a day, but the Season of the Endless Generosity of the Father. I stand in Pentecost, 50 days from now, looking back over these Days of Generosity, seeing all we shall do together during this time. Over these 50 days there are so many surprises that are waiting for you to unwrap as the practice of My Presence becomes more and more the way of your life. Let me tell you what is about to happen to you, My Intimate Friend – you are about to grow in your prayer life with great strides; you will begin to look at situations with new eyes of hope; fear will lose its hold on you, and joy will be your response in its place; you will become more and more sensitive to My love for you; your heart will change toward others with whom you are having difficulties; an awareness of My Constant Presence will amaze you; and you will also notice within you a desire to share with others the Gospel. These things are easily worth your commitment for the next 50 days. This is the day that I have made for you, and it has all you ever wanted or needed. Heart of My Longing, let this day that I have made for you spill forth into these next 50 days, even the entirety of your life.

Stop! Before you do anything, Beloved, right now, sit there, invite Me to come, and enjoy My presence as I enjoy you. As you sit in My presence, with all the tenderness of your heart, say to Me, *“Come, Holy Spirit!”* For these next 50 days let this be the prayer that is constantly flowing from your spirit into your soul - *“Come, Holy Spirit!”*

JOURNAL EXERCISE:

What excites you about this journey you are about to make with the Holy Spirit?

What feelings and thoughts came to you as you considered where the Holy Spirit will take you over the next 50 days?

Write a prayer inviting the Holy Spirit to be your guide and teacher over these 50 days. Share with Him your hopes.

Spiritual Exercise

Throughout the day make it your constant aim to pray the Declaration for the Day.

Try to memorize the scripture for today.

With whom can you share today's experience with the Holy Spirit?

DECLARATION FOR DAY 1:

Throughout the day come back to this prayer and pray it from your heart.

Holy Spirit,
this is the day you have made for me;
I will rejoice and be glad in it
and in all that it offers.



DAY 1 EVENING PRAYER:

Psalm 118:24 (JB)

This is the day Yahweh has made; let us rejoice and be glad in it.

Holy Spirit Rosary

This prayer uses a regular rosary. If you do not have one, do not worry. The heart of the rosary are ten prayers in a row. The Father made you with ten fingers. Just use your fingers if you do not have a rosary. I invite you to get one, though.

1. Kiss the crucifix, making the sign of the cross.

2. Say this prayer while holding the crucifix:

Blessed are you, O Most Holy Trinity.

O Lord God, heavenly King, God the Almighty Father;

O Lord, Jesus Christ, the only-begotten Son,

O Lord, the Holy Spirit,

You are One God in Three Divine persons and Three Divine Persons in One God.

*Lord Jesus, accept our prayer,
you that sits at the right hand of the Father,
and have mercy on us.*

For you alone are holy; You alone are the Lord;

You alone are most high, Jesus Christ,

together with the Holy Spirit in the glory of God the Father. Amen.

Let Your mercy, O Lord, be upon us, as we place our trust in You.

O Lord, You have been a refuge for us from generation to generation.

Lord, have mercy on me;

heal my spirit, heal my soul, and heal my body.

O Lord, to You have I fled;

for You are my God;

With You is the fountain of life,

and in Your light we see light.

Extend Your mercy to all, Lover of Mankind.

3. Next is a single bead. On this bead pray the Our Father:

Our Father,

Who art in Heaven,

hallowed be Thy name;

*Thy Kingdom come,
Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil. Amen.*

4. Now there are three beads on a row. On those beads pray:

1st Bead

*Holy Spirit,
be praised and adored
for you are God from God, light from light, true God from true God,
consubstantial with the Father and the Son.*

2nd Bead

*Holy Spirit,
be praised and adored,
for you are the Lord and Giver of Life
with the Father and the Son.*

3rd Bead

*Holy Spirit,
be praised and adored,
for you are the Sanctifier,
making us like you and the Father and the Son.*

5. You come to another single bead. As you move through the ring of the rosary there will be five single beads. When you come to these single beads, pray:

*O Heavenly King, the Comforter, the Spirit of Truth,
you are in all places and you fill all things.
You are the Treasury of Blessings and the Giver of Life:
come and dwell in us,
cleans us from every sin,
and save our souls,
O Gracious Lord.*

6. On all sections where there are ten beads (*known as a decade*)

1st decade, pray

Come Holy Spirit, fill and renew me.

2nd decade, pray

Come, Holy Spirit, fill and renew my family.

3rd decade, pray

Come, Holy Spirit, fill and renew your Church.

4th decade, pray

Come, Holy Spirit, fill and renew all peoples.

5th decade, pray

Come, Holy Spirit, fill and renew all creation.

7. At the end of the Holy Spirit Rosary, pray three times:

*Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world.*

8. End by kissing the crucifix, blessing yourself with the sign of the cross.

REVIEW OF DAY:

What sticks out to you from today's encounter with the Holy Spirit?

How do you think today's encounter with the Holy Spirit will affect your life?

With whom did you share today's encounter? How did they respond?

Prayer of St Augustine to the Holy Spirit

Breathe into me, Holy Spirit,
that my thoughts may all be holy.

Move in me, Holy Spirit, that my work, too, may be holy.

Attract my heart, Holy Spirit, that I may love only what is holy.

Strengthen me, Holy Spirit, that I may defend all that is holy.

Protect me, Holy Spirit, that I may always be holy.

Further Thoughts: