



Day 2: MY MOMENT TO LOVE YOU

Romans 5:5

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

MORNING PRAYER

Psalm 96

Worship the LORD in the splendor of his holiness.

¹ Sing to the LORD a new song;
sing to the LORD, all the earth.

² Sing to the LORD, praise his name;
proclaim his salvation day after day.

Worship the LORD in the splendor of his holiness.

³ Declare his glory among the nations,
his marvelous deeds among all peoples.

⁴ For great is the LORD and most worthy of praise;
he is to be feared above all gods.

Worship the LORD in the splendor of his holiness.

⁵ For all the gods of the nations are idols,
but the LORD made the heavens.

⁶ Splendor and majesty are before him;
strength and glory are in his sanctuary.

Worship the LORD in the splendor of his holiness.

⁷ Ascribe to the LORD, all you families of nations,
ascribe to the LORD glory and strength.

⁸ Ascribe to the LORD the glory due his name;
bring an offering and come into his courts.

Worship the LORD in the splendor of his holiness.

⁹ Worship the LORD in the splendor of his holiness;
tremble before him, all the earth.

¹⁰ Say among the nations, "The LORD reigns."
The world is firmly established, it cannot be moved;
he will judge the peoples with equity.

Worship the LORD in the splendor of his holiness.

¹¹ Let the heavens rejoice, let the earth be glad;
let the sea resound, and all that is in it.

¹² Let the fields be jubilant, and everything in them;
let all the trees of the forest sing for joy.

Worship the LORD in the splendor of his holiness.

¹³ Let all creation rejoice before the LORD, for he comes,
he comes to judge the earth.

He will judge the world in righteousness
and the peoples in his faithfulness.

**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.

Worship the LORD in the splendor of his holiness.

MEDITATION

THIS IS MY MOMENT TO LOVE YOU, HEART OF MY LONGING. If you were to stop, right now, and see with the eyes of your spirit, you would see that there is a constant pouring forth of heaven into you. It is not the pouring of something into you. It is Me giving Myself unreservedly to you. When I gaze upon you, I cannot resist in holding Myself back from you. Everything that I am wants to be all yours, completely, and, yes, that includes all that I have. So many just want what I have, and I want them to have all that I have. I offer you something much more in the offering of Myself. Imagine a life with Me in every moment. What would that life bring to you? Can you see its possibility, Heart of My Longing? I want you to experience the immensity and permanence of My love for you. Some would say that there is a higher, more perfect way to love in that they propose a love that is an idea and not an experience. I want you to experience My Love poured into you. Hear what I just said to you. I want you to experience My love. The mature love of a married couple who have walked and held each other for years is no less mature because the two have experienced the sweetness of the other as tangible moments of love. I offer the same to you. Let Me pour all I am and have into you. This will bring Me great joy. Receive Me without measure, My Desire. Do not place restraints on the amount I want to give to you. Open yourself to Me and receive all for which you have been created, all for which you long, all for which you hunger. I am what you seek. I am yours without measure. Sit and receive. Sit and soak in My love. Right now, your ABBA, your Daddy, your Papa, stands above you, ready to pour Me forth into you. Sit and receive. Let go of the plans you had for our time together. Let Me have this moment as My moment to love you. Yes, that is what this encounter offers you – This is a moment for you to rest in My love. Rest, sit, and receive. Enjoy Me loving you, Heart of My Longing!

JOURNAL EXERCISE:

Describe moments when you have realized how much you were loved by God:

Above you read, “*Open yourself to Me and receive all for which you have been created.*” Before reading this mediation, how would you describe the purpose for your existence? Does this truth change what you have thought? If so, how has it changed?

Write a prayer speaking of your longing to receive more of the love the Spirit is offering you:

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 2:

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

Every day I am experiencing,
more and more,
YOUR love for me, Holy Spirit.



Day 2 EVENING PRAYER

Romans 5:5

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

Act of Consecration to the Holy Spirit

On my knees before the great multitude of heavenly witnesses - the Glorious Theotokos, the God-Bearer, the Mother of God; with the Seraphim and Cherubim; with Thrones, Dominions, Virtues and Powers; with Archangels, Principalities, and Guardian Angels; and all the Saints.

I offer myself, spirit, soul, and body to You, Eternal Spirit, Lover of My Soul.

I adore the brightness of Your purity,
the unerring keenness of Your justice,
and the might of Your love.

You are the Strength and Light of my all I am.
In You I live, and move, and have my being.
I desire never to grieve You by unfaithfulness to Your grace,
and I pray with all my heart to be kept from the smallest sin against You.
Merciful Spirit of Truth,
guard my every thought and grant that I may always watch for Your light,
listening to Your voice,
following Your gracious inspirations.

I cling to Your covenant and give to You,
myself, completely, without reserve,
Love of my love,
Life within my life.
I ask You in Your infinite compassion to watch over me for I am weak and small.
I need Your help, Holy Spirit.

Gazing with love and gratitude upon the Cross,
holding the pierced feet of Jesus,
looking at his five wounds,
trusting in his precious blood,
and adoring his open side and pierced heart,
I implore You,
Spirit of Oblation,
You who are worthy of my adoration,
Helper of in my infirmity,
to keep me in Your Divine Life of sanctifying grace that I may never sin against You ever again.

Holy Spirit, Triune God,
Spirit of the Father and the Son,

help me to pray to You in all situations,
“*Speak Lord for your servant is listening,*”
that I might always know and do the Father’s will in all things and at all times.
In Jesus name.
Amen.

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?

Come, Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful,
and kindle in them the fire of Your Love.
Send forth Your Spirit and they shall be created,
and You shall renew the face of the earth.
Oh God, Who by the light of the Holy Spirit
instructed the hearts of the faithful,

grant, that by the same Spirit
we may be truly wise and ever rejoice in His consolation.
We ask this through Christ Our Lord.
Amen.

Further Thoughts: