



## Day 3: WITHIN IS ALL

**Luke 17:17-21**

<sup>20</sup> Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said,  
"The kingdom of God does not come with observation;  
<sup>21</sup> nor will they say, 'See here!' or 'See there!'  
For indeed, the kingdom of God is within you."

### **DAY 3 MORNING PRAYER**

#### **Psalm 95**

**For the LORD is the great God, the great King above all gods.**

<sup>1</sup> Come, let us sing for joy to the LORD;  
let us shout aloud to the Rock of our salvation.

<sup>2</sup> Let us come before him with thanksgiving  
and extol him with music and song.

**For the LORD is the great God, the great King above all gods.**

<sup>3</sup> For the LORD is the great God,  
the great King above all gods.

<sup>4</sup> In his hand are the depths of the earth,  
and the mountain peaks belong to him.

**For the LORD is the great God, the great King above all gods.**

<sup>5</sup> The sea is his, for he made it,  
and his hands formed the dry land.

<sup>6</sup> Come, let us bow down in worship,  
let us kneel before the LORD our Maker;

**For the LORD is the great God, the great King above all gods.**

<sup>7</sup> for he is our God  
and we are the people of his pasture,  
the flock under his care.

**For the LORD is the great God, the great King above all gods.**

Today, if only you would hear his voice,

<sup>8</sup> "Do not harden your hearts as you did at Meribah,  
as you did that day at Massah in the wilderness,

<sup>9</sup> where your ancestors tested me;  
they tried me, though they had seen what I did.

**For the LORD is the great God, the great King above all gods.**

<sup>10</sup> For forty years I was angry with that generation;  
I said, "They are a people whose hearts go astray,  
and they have not known my ways."

<sup>11</sup> So I declared on oath in my anger,  
"They shall never enter my rest."

**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.**

**For the LORD is the great God, the great King above all gods.**

## **MEDITATION**

**LOOK INTO YOUR HEART TO FIND ALL, HEART OF MY LONGING.** You live a life that constantly pulls you out of yourself into things that are passing. It is as if you believe that that which is without will bring you that for which you are longing. It cannot do so for the very essence of your being is more than a moment. You are created to long for That which never passes away. The things of the world are passing, but the things of heaven are eternal. Your experience tells you this is true. When you experience something that is beautiful, calling you out of yourself, you desire that that beauty not end. Longing for the eternal is the way you have been made. In Me, alone, can you find that for which you are longing. I do not want you to be left with sand slipping through your fingers. I want you to have that which never passes or fades. I am that one, My friend. It is time to change the direction of your gaze. See with new eyes into yourself where you will find the Window of Your Heart through which to gaze up from the finite into the infinite. The geometry of your spirit is that of a funnel opening from you into the Endless, gathering it to flow within you. The heart of your spirit is not a confined space, but a flexible organ that has the ability to expand for the increase to receive more and more of who I am. The more you allow My love to fill you, the more you will expand to receive it. In this you will find fulfillment. Look for Me within you and let me take you into that for which you long. There is no end to all that I am. I am offering you the opportunity to explore the endless depths of My love, being loved by Me, for all eternity. When you reflect upon your life, truly, is there anything greater or more magnificent than the experience of being completely loved for who you are? This is what I am offering you. I love you, Heart of My Longing, for who you are. Gaze through the Window of Your Heart and you will see Me gazing back at you, My focus never changing. You are the cause of My constant, loving gaze, My beloved. It is time for you to dwell within your heart so that I can reveal to you My heart. What will you see as you look through My eyes? Nothing but love for all that I see.

### **JOURNAL EXERCISE:**

Why is it important to realize that the Kingdom of God is within you?

What does it mean to you that the Kingdom of God is within?

What does the image of the geometry of your spirit opening to the Endless speak to you?

Why would the Spirit of God long to be a part of your life?

Write a prayer to the Holy Spirit expressing your desire to live from the Kingdom of God within:

**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 3:**

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

With every breath the Holy Spirit is revealing  
The Kingdom of God within me.

## **DAY 3 EVENING PRAYER**



### **Litany of the Holy Spirit**

Lord, have mercy on us.  
Christ, have mercy on us.  
Lord, have mercy on us.

God our All-Powerful, ABBA, have mercy on us  
Jesus, Eternal Son of the Father, Redeemer of the world, save us.  
Spirit of the Father and the Son, boundless in the life of love of them, both,  
sanctify us.  
Holy Trinity, the One, True Living God of Israel, draw near and hear us.

Holy Spirit, You who proceeds from the Father and the Son, fall afresh on us.  
Holy Spirit, You who are equal to the Father and the Son, enter our hearts.

Holy Spirit, Promise of God the Father,	have mercy on us.
Holy Spirit, Light of heavenly light,	have mercy on us
Holy Spirit, Author of all good,	have mercy on us
Holy Spirit, Source of the Heavenly River,	have mercy on us
Holy Spirit, Consuming Fire,	have mercy on us
Holy Spirit, Ardent Charity,	have mercy on us
Holy Spirit, The Anointing,	have mercy on us
Spirit of Love and Truth,	have mercy on us
Spirit of Wisdom and Understanding,	have mercy on us
Spirit of Counsel and Fortitude,	have mercy on us
Spirit of Knowledge and Piety,	have mercy on us
Spirit of the Fear of the Lord,	have mercy on us
Spirit of Grace and Prayer,	have mercy on us
Spirit of Peace and Meekness,	have mercy on us
Spirit of Modesty and Innocence,	have mercy on us
Holy Spirit, our Helper,	have mercy on us
Holy Spirit, our Comforter,	have mercy on us
Holy Spirit, the Sanctifier,	have mercy on us
Holy Spirit, who governs the Body of Christ,	have mercy on us

Holy Spirit, Gift of God, the Most High,                    have mercy on us  
Holy Spirit, Who Fills the Universe,                    have mercy on us  
Holy Spirit, the Spirit of the Adoption,                    have mercy on us

Holy Spirit, make us like Jesus.

Holy Spirit, inspire us to hate sin and learn to overcome it.

Holy Spirit, come and renew the face of the earth, leading all souls to Jesus.

Holy Spirit, shed Your light in our souls.

Holy Spirit, engrave Your law on our hearts.

Holy Spirit, inflame us with the flame of Your love to love You, our friends, and our enemies.

Holy Spirit, teach us to pray.

Holy Spirit, enlighten us to understand Your Word.

Holy Spirit, lead us with Your heavenly inspirations.

Holy Spirit, lead us in the way of salvation.

Holy Spirit, grant us knowledge of heavenly mysteries.

Holy Spirit, inspire us practice love with all we meet.

Holy Spirit, grant us the grace to forgive those we have judged.

Holy Spirit, helps us to persevere in doing good and avoiding evil.

Holy Spirit, lead us to souls that do not know Jesus, giving us the proclamation and the demonstration of the Gospel of the Kingdom.

Holy Spirit, be our everlasting reward that we might love you with the Father and Son for all eternity.

Jesus, Lamb of God,

Lover of Mankind, send us more of the Holy Spirit, filling us to the point of overflowing.

Jesus, Lamb of God,

Lover of Mankind, pour down the gifts of the Holy Spirit for the sanctification of our soul, the upbuilding of the Body of Christ, and the salvation of those yet to call on him Savior and Lord.

Jesus, Lamb of God,

Lover of Mankind, grant us Your Spirit without measure that we may do the works that you have done and greater works than those.

Come, Holy Spirit,

fill the hearts of Your faithful,

and enkindle in them the fire of Your love.

Let Us Pray -

Grant, O Merciful Father, our ABBA,

that Your Divine Spirit may enlighten, purify, and inflame us with His presence and power.

May He inebriate us, through and through,

making us, for Your glory, fruitful, like Jesus, in all good works.

We ask this through Our Lord Jesus Christ,

Your Son,

Who with You,

in the unity of the same Spirit,

lives and reigns forever and ever.

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?

**Prayer of Cardinal Mercier to the Holy Spirit**

O Holy Spirit  
Beloved of my soul  
I adore you.  
Enlighten Me  
Guide Me,  
strengthen Me and Console me.  
Tell me what I ought to do  
and command me to do it.  
I promise to submit to everything  
that you ask of me  
and to accept all  
that you allow to happen to me.  
Just show me what is your will.

**Further Thoughts:**