



## Day 5: WITHOUT MEASURE

John 3:34

... for he gives the Spirit without measure.

### **DAY 5 MORNING PRAYER**

#### **Psalm 145**

**I will praise your name for ever and ever.**

<sup>1</sup> I will exalt you, my God the King;

I will praise your name for ever and ever.

<sup>2</sup> Every day I will praise you

and extol your name for ever and ever.

<sup>3</sup> Great is the LORD and most worthy of praise;

his greatness no one can fathom.

<sup>4</sup> One generation commends your works to another;

they tell of your mighty acts.

**I will praise your name for ever and ever.**

<sup>5</sup> They speak of the glorious splendor of your majesty—

and I will meditate on your wonderful works.

<sup>6</sup> They tell of the power of your awesome works—

and I will proclaim your great deeds.

<sup>7</sup> They celebrate your abundant goodness

and joyfully sing of your righteousness.

<sup>8</sup> The LORD is gracious and compassionate,

slow to anger and rich in love.

**I will praise your name for ever and ever.**

<sup>9</sup> The LORD is good to all;

he has compassion on all he has made.

<sup>10</sup> All your works praise you, LORD;

your faithful people extol you.

<sup>11</sup> They tell of the glory of your kingdom

and speak of your might,

<sup>12</sup> so that all people may know of your mighty acts

and the glorious splendor of your kingdom.

**I will praise your name for ever and ever.**

<sup>13</sup>Your kingdom is an everlasting kingdom,  
and your dominion endures through all generations.

The LORD is trust worthy in all he promises  
and faithful in all he does.

<sup>14</sup>The LORD upholds all who fall  
and lifts up all who are bowed down.

<sup>15</sup>The eyes of all look to you,  
and you give them their food at the proper time.

<sup>16</sup>You open your hand  
and satisfy the desires of every living thing.

**I will praise your name for ever and ever.**

<sup>17</sup>The LORD is righteous in all his ways  
and faithful in all he does.

<sup>18</sup>The LORD is near to all who call on him,  
to all who call on him in truth.

<sup>19</sup>He fulfills the desires of those who fear him;  
he hears their cry and saves them.

<sup>20</sup>The LORD watches over all who love him,  
but all the wicked he will destroy.

**I will praise your name for ever and ever.**

<sup>21</sup>My mouth will speak in praise of the LORD.  
Let every creature praise his holy name  
for ever and ever.

**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.**

**I will praise your name for ever and ever.**

## **MEDITATION**

**YOU ARE IMMERSSED IN ME, HEART OF MY LONGING.** On the day of your baptism, I poured out all that I am and have upon you. I held nothing back and I will never hold anything of what I am and have from you. You were dripping with My presence and power on that day. Others witnessed Me flowing upon you. I was uncontainable and I still am uncontainable. I cannot withhold Myself from you, Heart of My Longing. In Me there is nothing lacking. I am God, your Elohim. I am your Friend, the Intimate One. Make sure that as we begin this journey, together, to set your heart on the precious gift that is offered to you. The gift is Me. Every day ask for more of Me with the prayer, "*Come, Holy Spirit!*" I say this at the beginning of our journey because it is the key to the ever-growing, abundant life that you seek. I am ready to pour more and more of Myself into you. There is no limit to all there is to be poured upon you except that which confines because you become distracted by that which pulls you from what you are worth.

I am a River whose source is without volume. Beloved, return yourself to the place of pouring, allowing Me to cover you; then, make it your desire to stay there, dripping with all I am and have, not allowing the grace to evaporate or be wiped away. As you are covered, now allow Me to permeate every part of you – spirit, soul, and body – soaked by Me.

**JOURNAL EXERCISE:**

What are situations or things which easily allows the presence of the Lord to “dry off”?

What helps you to be aware of His presence with you?

Sit quietly with the Spirit of God, your eyes closed. Ask him to pour, again, over you like on the day of your baptism. Notice your thoughts and feelings as you sit with him. Write about this experience:

**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 5:**

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

I am receiving more and more of  
the Holy Spirit



### **DAY 5 EVENING PRAYER**

John 3:34

... for he gives the Spirit without measure.

### **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:

1<sup>st</sup> 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.*

2<sup>nd</sup> Bead

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

3<sup>rd</sup> 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,  
cleanse us from every sin,  
and save our souls,  
O Gracious Lord.*

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

1<sup>st</sup> decade, pray

*Come Holy Spirit, fill and renew me.*

2<sup>nd</sup> decade, pray

*Come, Holy Spirit, fill and renew my family.*

3<sup>rd</sup> decade, pray

*Come, Holy Spirit, fill and renew your Church.*

4<sup>th</sup> decade, pray

*Come, Holy Spirit, fill and renew all peoples.*

5<sup>th</sup> 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 for the Theological Virtues**

Holy Spirit,  
strengthen my faith;  
increase my hope  
and deepen my love.

### **Further Thoughts**