



## Day 7: I DWELL WITHIN

John 14:17

...it neither see him or knows him,  
for he dwells with you, and will be in you.

### DAY 7 MORNING PRAYER

#### Psalm 118

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>1</sup> Give thanks to the LORD, for he is good;  
his love endures forever.

<sup>2</sup> Let Israel say:  
“His love endures forever.”

<sup>3</sup> Let the house of Aaron say:  
“His love endures forever.”

<sup>4</sup> Let those who fear the LORD say:  
“His love endures forever.”

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>5</sup> When hard pressed, I cried to the LORD;  
he brought me into a spacious place.

<sup>6</sup> The LORD is with me; I will not be afraid.  
What can mere mortals do to me?

<sup>7</sup> The LORD is with me; he is my helper.  
I look in triumph on my enemies.

<sup>8</sup> It is better to take refuge in the LORD  
than to trust in humans.

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>9</sup> It is better to take refuge in the LORD  
than to trust in princes.

<sup>10</sup> All the nations surrounded me,  
but in the name of the LORD I cut them down.

<sup>11</sup> They surrounded me on every side,  
but in the name of the LORD I cut them down.

<sup>12</sup> They swarmed around me like bees,  
but they were consumed as quickly as burning thorns;  
in the name of the LORD I cut them down.

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>13</sup> I was pushed back and about to fall,  
but the LORD helped me.

<sup>14</sup> The LORD is my strength and my defense<sup>[a]</sup>;  
he has become my salvation.

<sup>15</sup> Shouts of joy and victory  
resound in the tents of the righteous:

“The LORD’s right hand has done mighty things!

<sup>16</sup> The LORD’s right hand is lifted high;  
the LORD’s right hand has done mighty things!”

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>17</sup> I will not die but live,  
and will proclaim what the LORD has done.

<sup>18</sup> The LORD has chastened me severely,  
but he has not given me over to death.

<sup>19</sup> Open for me the gates of the righteous;  
I will enter and give thanks to the LORD.

<sup>20</sup> This is the gate of the LORD  
through which the righteous may enter.

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>21</sup> I will give you thanks, for you answered me;  
you have become my salvation.

<sup>22</sup> The stone the builders rejected  
has become the cornerstone;

<sup>23</sup> the LORD has done this,  
and it is marvelous in our eyes.

<sup>24</sup> The LORD has done it this very day;  
let us rejoice today and be glad.

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>25</sup> LORD, save us!  
LORD, grant us success!

<sup>26</sup> Blessed is he who comes in the name of the LORD.  
From the house of the LORD we bless you.<sup>[b]</sup>

<sup>27</sup> The LORD is God,  
and he has made his light shine on us.

With boughs in hand, join in the festal procession  
up to the horns of the altar.

**Yahweh is my strength and my defense; he has become my salvation.**

<sup>28</sup> You are my God, and I will praise you;  
you are my God, and I will exalt you.

<sup>29</sup> Give thanks to the LORD, for he is good;  
his love endures forever.

**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.**

**Yahweh is my strength and my defense; he has become my salvation.**

**I DWELL WITHIN YOU, HEART OF MY LONGING.** Return to the truth that invites you to look within. It is true that I am the Transcendent One. I am beyond all that can be known, and I am not able to be contained, yet I choose you as My dwelling place, for I am also the Immanent One. I am the Breath of your breath, the Life of your life. Yes, you can gaze toward the heavens as you pray,

and I am there; you can bend your head toward your heart in humble adoration and your gaze will still be toward Me. You need never consider yourself alone, for it is not the truth. I am with you, My friend, never to leave you or forsake you. I know you, for I made you. If the journey was far for you to find Me you would not be strong enough to make the trip, so I came from heaven to dwell within you, making your trip this easy – close your eyes; bend your head toward your heart; hear me say, *“I am here, Heart of My Longing. I am here.”* Let the sweetness of My indwelling fill you with the greatest joy and the most profound peace. Many times, souls that are in pain, souls that are lost, cry out louder and louder, looking higher and higher, thinking I am difficult to find. I am Love itself. It would not be loving of Me to make Me hard for you to find, so I choose none other than you to be the place for Me to be contained as the Uncontainable. This is an impossibility. How can He who has no bounds be bound? How can He who is vaster than the vastness say, *“Your heart is the desired habitation.”* Soul of My Dwelling, Jesus not only gave his life for you; he gave his life to you. I am that life that has been given to you, not as a possession without, but rather a Friend within. Bend your head to your heart and simply say, *“Hello, My Constant, Indwelling, Companion.”* Live your days continually acknowledging that I am within you, the Lord and Giver of Life.

Before the creation of the first angel, the intent of my design for creation has been for Me to dwell within you. I have the glory of heaven with its majesty and splendor, but I choose the simplicity of you as My desired dwelling. You have been what I have been seeking, Heart of My Longing, throughout all eternity. For Me to come from My heavenly home to take up My abode in you brings Me great pleasure. Since the day of your baptism, you have a Guest within. I go with you wherever you go. I am involved in all in which you are involved. Whatever you do, stop and recognize that I am with you, dwelling within, and whatever you face you will know that since I am with you I have all you need for whatever you need. Here I am. Gaze within.

**JOURNAL EXERCISE:**

What does it mean to you that the Holy Spirit is within your heart?

What would your life be like if throughout the day you stopped and recognized the One Who is Within?

Write a prayer to the Holy Spirit expressing your gratitude that He dwells within 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 7:**

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

Every day I Am growing in the conviction  
that the Holy Spirit is with me.



### **DAY 7 EVENING PRAYER**

#### **John 14:17**

...it neither see him or knows him, for he dwells with you, and will be in you.

#### **Prayer for the Sanctification Gifts of the**

Come, Holy Spirit, fall afresh on us with all your heavenly graces.

Grant to me an increase of

**Fear of the Lord** that I stand before you with great honor and respect;

Grant to me an increase of

**Piety** that I might enjoy the gift of you being my Father and me being your son/daughter.

Grant to me an increase of

**Counsel** so that I might know your will.

Grant to me an increase of

**Wisdom** that I might know how to do your will, when to do your will, where to do your will, and with whom to do your will.

Grant to me an increase of

**Fortitude** that I might do your will with your strength for I am unable to do your will with my strength.

Grant to me an increase of

**Knowledge** that I might know beyond knowing, in the depths of my being that your truths are truly true.

Grant to me an increase of

**Understanding** that I might comprehend the knowledge of you that is beyond human understanding.

**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.

