



Day 8: OVERSHADOWED

Luke 1:35

... the power of the Most High (*El Shaddai*) will overshadow you.

DAY 8 MORNING PRAYER

Psalm 148

Alleluia! Praise the Lord!

¹ Praise the LORD.

Praise the LORD from the heavens;
praise him in the heights above.

Alleluia! Praise the Lord!

² Praise him, all his angels;
praise him, all his heavenly hosts.

³ Praise him, sun and moon;
praise him, all you shining stars.

Alleluia! Praise the Lord!

⁴ Praise him, you highest heavens
and you waters above the skies.

⁵ Let them praise the name of the LORD,
for at his command they were created,

⁶ and he established them forever and ever—
he issued a decree that will never pass away.

Alleluia! Praise the Lord!

⁷ Praise the LORD from the earth,
you great sea creatures and all ocean depths,

⁸ lightning and hail, snow and clouds,
stormy winds that do his bidding,

Alleluia! Praise the Lord!

⁹ you mountains and all hills,
fruit trees and all cedars,

¹⁰ wild animals and all cattle,
small creatures and flying birds,

Alleluia! Praise the Lord!

¹¹ kings of the earth and all nations,
you princes and all rulers on earth,
¹² young men and women,
old men and children.

Alleluia! Praise the Lord!

¹³ Let them praise the name of the LORD,
for his name alone is exalted;
his splendor is above the earth and the heavens.

¹⁴ And he has raised up for his people a horn,
the praise of all his faithful servants,
of Israel, the people close to his heart.

Alleluia! Praise the Lord!

Praise the LORD.

**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.

Alleluia! Praise the Lord!

MEDITATION

YOU ARE OVERSHADOWED, HEART OF MY LONGING. A wife lays in the arms of her husband. She gives herself and he accepts the gift of who she is. He likewise gives himself to her. It is the life of one surrendering to the other. It is the life of one allowing themselves to be overshadowed by the other. This is the pinnacle of My plan for humanity. It is the pattern of the Life of Love. Love cannot contain itself. By its very definition it must find another to give itself to in total self-donation. This is the inner life of us, the Trinity. We, the Father, the Son, and Myself, without beginning or end, are perpetually giving Ourselves to the Other. In this way of life is our joy. I come to you, Heart of My Longing, and I offer to overshadow you with Me, so that all that I am embraces you with the tenderest embrace of love, drawing you into My very heart. I seek an intimacy with you that contains within it all for which you are longing.

Today is the 8th Day of our journey together. Since the days of your father in faith, Abraham, the 8th Day is the Day of Covenant. Many see their relationship with me as a contract. They wrongly believe that the relationship that I offer is one of performance. A contract is an exchange of goods or services. I want you, not what you can do for me. I want you. Did you hear this in the depth of your being – I want you. A contract is also limited in the length of its commitment. With a contract the relationship has a date when it comes to its end. I do not seek to have a contract relationship with you, Heart of My Longing. I seek to have a covenant with you. A covenant is an exchange of persons and it is without end. Hear what I am saying – through baptism I have given Myself to you, totally and completely. On that day I overshadowed you, embracing you with my covenant love. Leave the emptiness of a contract relationship with Me for it will drain you of your life. I, the Lord and Giver of Life, offer your life through a covenant relationship. Choose this day to forsake your contract mindset and choose the way of covenant. I am yours.

JOURNAL EXERCISE:

Have you ever considered the difference between contract and covenant? What did you learn about covenant in the above revelation?

How have you lived in contract with the Lord in your days past?

Write a prayer to the Holy Spirit asking him to change your heart from thinking you are to perform for Him rather than just enjoy living in His love and from that love doing as He wills:

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 8:

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

*I am ever increasing in my awareness
of all the Holy Spirit is offering me in the
gift of Himself.*



DAY 8 EVENING PRAYER:

Luke 1:35

... the power of the Most High (*El Shaddai*) will overshadow you.

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,
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)

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: