



## Day 11: POWER WITHOUT MEASURE

Luke 24:49

<sup>49</sup> I am going to send you what my Father has promised;  
but stay in the city until you have been  
clothed with power from on high."

### **DAY 1 MORNING PRAYER:**

#### **Psalm 63**

**I will praise you as long as I live, and in your name I will lift up my hands.**

<sup>1</sup> You, God, are my God,  
earnestly I seek you;

I thirst for you,  
my whole being longs for you,  
in a dry and parched land  
where there is no water.

**I will praise you as long as I live, and in your name I will lift up my hands.**

<sup>2</sup> I have seen you in the sanctuary  
and beheld your power and your glory.

<sup>3</sup> Because your love is better than life,  
my lips will glorify you.

**I will praise you as long as I live, and in your name I will lift up my hands.**

<sup>4</sup> I will praise you as long as I live,  
and in your name I will lift up my hands.

<sup>5</sup> I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.

**I will praise you as long as I live, and in your name I will lift up my hands.**

<sup>6</sup> On my bed I remember you;  
I think of you through the watches of the night.

<sup>7</sup> Because you are my help,  
I sing in the shadow of your wings.

**I will praise you as long as I live, and in your name I will lift up my hands.**

<sup>8</sup> I cling to you;  
your right hand upholds me.

<sup>9</sup> Those who want to kill me will be destroyed;  
they will go down to the depths of the earth.

**I will praise you as long as I live, and in your name I will lift up my hands.**

<sup>10</sup> They will be given over to the sword  
and become food for jackals.

<sup>11</sup> But the king will rejoice in God;  
all who swear by God will glory in him,  
while the mouths of liars will be silenced.

**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 you as long as I live, and in your name I will lift up my hands.**

**THE POWER OF ALL THAT I AM AND HAVE IS YOURS, HEART OF MY LONGING.** As you look at your life, as you look at the world, there is a glaring truth – something is missing and if that something was there then this situation would be fixed. You face fear and confusion. You fight temptation and weakness, overwhelming finding yourself its victim. One minute you are at peace and the next minute your anger has hurt someone. You encounter, or yourself face, sickness and disease, many times with no hope of help. You, also, stumble through life hoping you are doing the will of the Father. Yet, something in you knows that there is help, knows that things can change, but you also know that what you have within yourself through your experience, education, or strength is not enough for what is needed. Are you then condemned to a life that is just the way it is, you needing to be stoic, toughen up, push through, or even, allow it all to capture your soul, leaving you to the mercies of hell? “Yikes!” to say the least.

I have also seen your life and all you are up against. I see the world with everyone of its jagged, broken parts, against which life throws you. As one who clearly sees, I cannot remain in the comfort and glory of heaven and not come to your aid with all I am and all I have, Heart of My Longing. In the midst of all, I am the Power of God, and I have come to live in you for your sake and through you for the sake of the world. I am not sure most souls know the importance of what I just stated in the last sentence. You, the Sent of the Father, have in Me all that is needed for all that you or others face. In your hands is the power of blessing that is needed to supply what is missing. In your hands are healing for sickness. In your will is My power to overcome. In your mouth are words that will bring hope to the hopeless. I come to anoint you, in all that you do, with My power so that all the needs you encounter can be met, leaving all who see to cry out, “Surely, God is a good Father!” Let Me use you, pouring out my power through you, Soul of My Habitation. Together, let us go to those who are waiting, for I have heard their prayer, and My answer is you.

### **JOURNAL EXERCISE:**

What are some common situations that you face where you know you do not have the power, yet you know power is needed that only God can supply?

What are you thinking or feeling after you read today's meditation?

Write a prayer to the Holy Spirit, asking Him clothe you with power, plus giving Him permission to send you with His power to those in need:

**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 11:**

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

I am clothed with all the  
power of the Holy Spirit  
that is needed for all the situations I will face.



## **DAY 11 EVENING PRAYER:**

Luke 24:49

<sup>49</sup> I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high."

### **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?

## **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:**