

# Day 14: HELP

John 14:16 (NKJV)

<sup>16</sup> And I will pray the Father, and He will give you another helper, that He may abide with you forever.

### **DAY 14 MORNING PRAYER:**

Psalm 100 (NIV)

Enter his gates with thanksgiving and his courts with praise.

<sup>1</sup> Shout for joy to the LORD, all the earth.

Worship the LORD with gladness; come before him with joyful songs.

Enter his gates with thanksgiving and his courts with praise.

<sup>3</sup> Know that the LORD is God.

It is he who made us, and we are his; we are his people, the sheep of his pasture.

### Enter his gates with thanksgiving and his courts with praise.

<sup>4</sup>Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.

## Enter his gates with thanksgiving and his courts with praise.

<sup>5</sup> For the LORD is good and his love endures forever; his faithfulness continues through all generations.
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.

Enter his gates with thanksgiving and his courts with praise.

### **MEDITATION**

I AM YOUR HELP, HEART OF MY LONGING. Right from the start you will notice that I have much more than usual to say. I am here for you in all things, and I am poised, ready to help. I am brilliant at working with and solving financial problems, if you need help with your finances. Do you want to see an area where I am willing and able to do something incredible for you? I am amazing when it comes to navigating difficult relationships. Give the difficult relationship to Me and enjoy as grace rises in your heart to forgive and be patient with the person that weighs on you. Then there is you. I am a master at loving you and ready to help you become the person of

whom the Father dreams for you to be in Jesus. I can help you to become patient and kind when it would be so easy to be other; at peace in the midst of the storm; generous when your means are tight; faithful when others would walk away; an increased ability and desire in self-control, with the power to walk away when the enemy rings the bell like Pavlov's Dogs, causing you to salivate after the sin he offers. You were never meant to live on your own, relying totally and completely on yourself.

The spiritual life consists of three steps:

- 1) I can't
- 2) God can
- 3) I will let Him.

I know this is simple, but it is the simplicity of the Christian spiritual life that is its power. It is good and it is holy for you to come to the admittance of this truth. Admit that you cannot stop committing certain sins. You try so hard and find yourself quickly in the arms of a sin that satisfies for a moment, but then it sharply turns, and you are left to defeat. Admit to Me, the One who Loves You Without End, that you are bound by the sin that you hold tight. Do not pretend any longer that you can do something to break free from that which ensnares you. The second step is living the truth that I can overcome that which binds you. As you already discovered, I am all powerful. I am able and willing to overcome the sin you face. Though the sin is greater than your strength to conquer, the sin you face is not vaster than Me. Be assured that I am willing and able to vanquish it from your life. Thus, the last step is a logical solution to what you need. Let Me do what you need Me to do for you. Can you trust Me with all you need? Let me, Heart of My Longing, help you with all.

### **JOURNAL EXERCISE:**

What is an area of your life where you need to invite the Holy Spirit to come and help you? How could the Spirit of God help you in this area?

Take each one of the three steps of the spiritual life and write your definition for each of the steps, explaining the meaning of each step.

In light of the first question for today, write a prayer to the Holy Spirit inviting Him into your area of need, expressing your trust in His help:

### 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 14:**

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

I can't, God can, I will let Him



### **DAY 14 EVENING PRAYER:**

John 14:16 (NKJV)

16 And I will pray the Father, and He will give you another helper, that He may abide with you forever.

### **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.

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)

lst 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.

4th 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 to the Holy Spirit**

Holy Spirit,
You are the Third Person of the Blessed Trinity.
You are the Spirit of truth, love and holiness,
proceeding from the Father and the Son,
and equal to Them in all things.
I adore You and love You with all my heart.
Teach me to know and to seek God,
by whom and for whom I was created.
Fill my heart with a holy fear and a great love for Him.
Give me compunction and patience,
and do not let me fall into sin.

### **Further Thoughts:**