

Week I "Our Constant, Abiding, Companion"

1 Preparation:

* Pray from your heart. Stop and recognize that the Lord is with you. Ask for the grace to come closer to the Holy Spirit and to realize his plan for your life.

- * Look up the "Focus Verse" in your Bible.
- * Underline the verse in *Red = God, Trinity, Holy Spirit*
- * Work to commit the verse to memory.

Focus Verse

Jn 14:16-18

"And I will pray the Father, and he will give you another Counselor, to be with you forever, **17** even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him; you know him, for he dwells with you, and will be in you."

2 Review of Talk:

The Holy Spirit is your Constant, Abiding Companion.
In this series you will:

- Come to know personally the person of the Holy Spirit.
- Experience what Jesus called, "The Baptism of the Holy Spirit."
- Learn how to move in the gifts of the Holy Spirit.
- Learn how to live your life in the Holy Spirit through personal and communal prayer
- Learn to live and move in the Presence and Power of the Holy Spirit.

In John 14:16-18 we read of another Counselor, Advocate, Helper.
(Greek) *Parakletos*: One who comes along side to help. Circle this in your bible and write *Parakletos, one who comes along side to help* in the margin.
When you were baptized the Holy Spirit indwelt you to come along side to help you.

You are the Temple of the Holy Spirit. He chooses you to be his place of habitation. Really, the truth be told, when you pray you do not need to look up to heaven, you simply need to bend your head to your heart, for you are the Temple of God.

He, the Holy Spirit, is there to help you with all things.
He is there to help you with your family and other relationships.
He is there to help you with your decisions.
He is there to help you with your finances.
He is there to help you with your weaknesses.
He is there to help you with frustrations.
He is there to help you with your longing to be better than you are.
He, the Holy Spirit, is there to help.

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.

St. Augustine

See What do you remember from the talk?

Judge What does this talk mean to your life?

Act How is this talk calling you to live?

Lectio Divina

Lectio (To Read) Read the passage slowly, two or three times believing that God is going to speak into your life. Notice the words or phrases that speak to you.

Meditatio (To Meditate) Allow this Word to begin to sift through your life. What is God speaking to you?

Oratio (To Speak) Now that God has spoken to you through His word, what is your response? Use the ACTS of prayer: **A**doration, **C**ontrition, **T**hanksgiving, **S**upplication? Speak to God freely.

Contemplatio (To Contemplate) Read back over the passage and review your dialogue with God. Become quiet and turn your heart to His heart for you. Is there anything that He personally wants to speak to you?

1 st Day	Jn 14:16-18
2 nd Day	Ps 139:1-12
3 rd Day	1 Cor 3:16-17
4 th Day	Jn 20:22
5 th Day	Lk 24:49
6 th Day	Lk 11:9-13
7 th day	Review

Write a list of things that you are grateful for in your life. Write it like this, "Father, I am grateful for _____"