



1st Night: Spiritual Exercise

More of the Holy Spirit

Praise and Thanksgiving

On another page—on the front at the top , write “Praise: For Who God is,” then make a list of praise phrases (example— You are Holy, You are Love, etc.). On that same side write praise phrases (Alleluia, Glory to you, O Lord, Jesus, I love you...) On the back side of the page write, “Thanksgiving : For What God Does, “ then make a list of things for which you are grateful.

PLEASE BRING YOUR PRAISE SHEET FOR THE REST OF THE NIGHTS.

What are your thoughts and feelings after tonight’s session?

What song(s) helped you to encounter the presence of the Lord Jesus? Do you remember any phrases?

How would you describe tonight to a friend that was not at the Parish Mission?

What do you remember from the teaching? Is there anything new that you learned?

Did you experience any of the power of the Lord Jesus tonight?

What would be the blessings that would come to your life from opening your heart to receive more of the Holy Spirit?

Is there anything else about which you would like to write?

Scriptures for Meditation (Lectio Divina):

Place yourself in the presence of God and ask Him to speak into your life through His Word. After you slowly read each passage three or four times notice what is jumping off the page and speaking to you. Ask the Holy Spirit to tell you why this word or phrase is coming to you. Begin to talk to the Father and allow the Father to speak to you. Write down your time of encounter. End by thanking your Father for this time and pray the Our Father.

Jn 14:15

1 Cor 3:16-17

Lk 11:9-13

Jn 3:34