



DAY 38: The Way to Walk

Psalm 16:11

You will show me the path of life; In Your presence *is* fullness of joy; At Your right hand are pleasures forevermore.

DAY 38 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

THE PLAN I HAVE FOR YOUR LIFE IS NOT HIDDEN, HEART OF MY LONGING. I have given you all you need for life and for holiness, you can be assured of this. There are souls that are confused, thanking that I have made it hard for them to follow Jesus. Again, this is the lie of the enemy that goes back to the same thing – self-reliance, instead of trustful surrender. I do have a plan for your life that fits you perfectly. It is not as if I have created something that will lessen you as you give yourself to Me. No, it will complete you, helping you to become what you have truly dreamed, deep down in your heart. My plan is for you to do My will. This is not something which I have hidden from you. Probably, as with most, you just do not know the gifts I have given you and how they will empower you to do My will. I have My will, I will instruct you in its ways, and I will give you the power to live it, Disciple of Jesus. All you need, in every situation, I am giving you that you may be like Jesus in his fulfilling of the Father's will, for he was only about His will.

I give you counsel. By this gift you can know the direction in which you should walk to fulfill My will. In every step you take I am there with you saying, *"This is the way. Walk in it."* Open your heart to receive My guidance and you will find it. I have a plan as to where you will live; where you will work; with whom you are called to be in relationship; all is before My eyes and I wish to counsel you in the way you should go. After I have counseled you as to My will, I will also supply you the grace of wisdom. It is the gift whereby you know what to do, with whom to do it, when to do it, and how to do it. Wisdom is the practical application of my counsel so that you can you know how to walk in My will. I know you, Heart of My Longing. You need more than the vision and the step by step plan. You need the strength to fulfill My will. Few seek My will, and few know how to do My will, but even fewer rely on My strength to do My will. Fortitude is the gift where I strengthen your will to do My will. Become convinced of it, right now, that you are too weak and small to do My will without the gift of fortitude. This gift makes you strong in My might, empowering you to do My will. Did I not tell you that I would supply all you need? The gifts are yours and I am with you. Now that you know what I have given you and how these gifts of counsel, wisdom, and fortitude work, use them, Believing Follower. Ask Me and I will not only show you the way, but I will provide you all that you need to walk in it.

JOURNAL EXERCISE:

Are there any new insights you have received as to the gifts of counsel, wisdom, and fortitude which you have newly received from this mediation?

Is there an area of your life where you could use the gifts of counsel, wisdom, and fortitude?

Write a prayer to the Holy Spirit asking for an increase of the gifts of counsel, wisdom, and fortitude in your life:

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 38:

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

I accept the gifts of
counsel, wisdom, and fortitude, empowering
my life to walk
in the will of God.



DAY 38 EVENING PRAYER:

Psalm 16:11

You will show me the path of life; In
Your presence is fullness of joy; At
Your right hand are pleasures
forevermore.

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:

Glory to You, Who has shown forth the light.

Glory be to God on high, and on earth, peace and goodwill towards men.

*We praise You, we bless You,
we worship You, we glorify You,*

we give thanks to You for Your great glory.

O Lord and King, heavenly God, Father Almighty;

O Lord, the only-begotten, Son Jesus Christ,

And, O Lord, the Holy Spirit.

O Lord God, Lamb of God,

Son of the Father,

that takes away the sin of the world;

have mercy upon us.

Accept our prayer, you that sits at the right hand of the Father,

and have mercy upon us.

For you alone are Holy;

Jesus, you only are Lord,

in the glory of God the Father. Amen.

*Every day will I bless You and will I praise Your Name
forever and ever.
Strengthen us, O Lord, this day to be kept sinless.
Blessed are You, O Lord, God of our fathers,
and praised and glorified is Your Name forever. Amen.*

*Let Your mercy, O Lord, be upon us, as we place our trust in You.
Blessed are You, O Lord, teach me Your statutes.
O Lord, You have been a refuge for us from generation to generation.
For I have said, Lord have mercy upon me;
heal my spirit, soul, and body,
for I have sinned against You.
O Lord, to You have I fled;
teach me to do Your will,
for You are my God.
For with You is the fountain of life,
and in Your light we see light.
Extend Your mercy to all, Lover of Mankind.*

*Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole
world. [3 times]*

*Glory be 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.*

3. Next is a single bead. On this bead pray the Our Father:

*Our Father,
Who art in Heaven,
hallowed be Your name;
Your Kingdom come,
Your 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, true God from true God,
consubstantial with the Father and the Son.*

2nd Bead

*Holy Spirit,
be praised and glorified
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,
who are in all places and fills all things,
Treasury of Blessings and Giver of Life:
come and dwell in us,
cleanse us from every stain,
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 people.

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: