

DAY 45: FREEDOM

2 Corinthians 3:17

Now the Lord is the Spirit, and where the Spirit of the Lord is,
there is freedom.

DAY 45 MORNING PRAYER

Psalm 139

You hem me in behind and before, and you lay your hand upon me.

¹ You have searched me, LORD,
and you know me.

² You know when I sit and when I rise;
you perceive my thoughts from afar.

³ You discern my going out and my lying down;
you are familiar with all my ways.

⁴ Before a word is on my tongue
you, LORD, know it completely.

You hem me in behind and before, and you lay your hand upon me.

⁵ You hem me in behind and before,
and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

You hem me in behind and before, and you lay your hand upon me.

⁹ If I rise on the wings of the dawn,
if I settle on the far side of the sea,

¹⁰ even there your hand will guide me,
your right hand will hold me fast.

¹¹ If I say, "Surely the darkness will hide me
and the light become night around me,"

¹² even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

You hem me in behind and before, and you lay your hand upon me.

¹³ For you created my inmost being;
you knit me together in my mother's womb.

¹⁴ I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

¹⁵ My frame was not hidden from you
when I was made in the secret place,

when I was woven together in the depths of the earth.
¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.
You hem me in behind and before, and you lay your hand upon me.
¹⁷ How precious to me are your thoughts,^[a] God!
How vast is the sum of them!
¹⁸ Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.
¹⁹ If only you, God, would slay the wicked!
Away from me, you who are bloodthirsty!
²⁰ They speak of you with evil intent;
your adversaries misuse your name.
You hem me in behind and before, and you lay your hand upon me.
²¹ Do I not hate those who hate you, LORD,
and abhor those who are in rebellion against you?
²² I have nothing but hatred for them;
I count them my enemies.
²³ Search me, God, and know my heart;
test me and know my anxious thoughts.
²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.
**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.**
You hem me in behind and before, and you lay your hand upon me.

MEDITATION

YOU WERE MADE TO BE FREE, HEART OF MY LONGING. I see your soul. I see your struggle and your desire to be free. You say to Me, "*Lord, I do not want this. I will never do it again,*" and then you find yourself in the very place, doing the very thing that you do not want to do. For years you have cried out and asked for My deliverance. Know that I am ready to come to your aid and unleash you from the very thing that in so many ways you despise. I have not stood over you in judgement, Broken One. I have heard your cry for help, and it has filled My heart with compassion. It is not that I did not come to your aid. It is that you were not ready for My grace to settle upon you to allow you to walk in freedom. Now is the time and I stand here ready to do for you that which you could not do for yourself. You might wonder why it took so many days to get to the point of addressing your need for freedom. It is because I had to firmly convince you of My love, My tenderness, and My closeness. I also needed to set you free of the biggest hinderance to your freedom, self-reliance. I have placed into the depth of your being the truth that will

set you free, the truth of *"I can't. God can. I will let him."* This simple pattern of truth has made a path in your heart for you to turn to Me in trustful surrender, so what is it that binds you, that holds you back from walking in the glorious freedom of the sons and daughters of God? Be honest with Me. You do not need to hide any longer. Please do not lower your eyes as if I would look on you with shame. Look at Me, Beloved. Gaze into My eyes in the candor and sincerity of what you have done and the captivity of what you have chosen. Shame says, *"What's the matter with me?"* It is not *"What's the matter."* It is, *"What is missing?"* What was missing is your trustful surrender, and now you have that grace. Can you trust Me with what is missing that holds you in your prison of self harming self? Again, we traveled together through this time, so that now you are ready. Give it to Me and watch what I can do. Your chains are about to fall off and your prison door is about to open. What do you think of that, Heart of My Longing? This is the day the Lord has made, so rejoice and be glad in it. I am ready to do for you what you cannot do for yourself. You might think that this is too easy. I know. I know. It is too good to be true. Yes, it is good, but it is not too good to be true, for it is true. Sit back, hold open your hands and say, *"I am ready, Holy Spirit. Do for me what I cannot do for myself."* As I write, the anticipation of all that I am about to do for you causes My heart to race. How about yours? You are ready, because I am ready.

JOURNAL EXERCISE:

As you read the above what thoughts were you thinking?

From what is it that you need to be freed?

Write a prayer to the Holy Spirit giving Him what needs to be given and express your thanks for what you are about to receive:

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 45:

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

*I am preparing and opening my heart
to receive the grace of the Baptism of the
Holy Spirit in 4 Days.*



DAY 44 EVENING PRAYER:

2 Corinthians 3:17

Now the Lord is the Spirit, and where
the Spirit of the Lord is, there is
freedom.

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?

Come, Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful,
and kindle in them the fire of Your Love.
Send forth Your Spirit and they shall be created,
and You shall renew the face of the earth.
Oh God, Who by the light of the Holy Spirit
instructed the hearts of the faithful,
grant, that by the same Spirit
we may be truly wise and ever rejoice in His consolation.
We ask this through Christ Our Lord.
Amen.

Further Thoughts: