

LC RETREAT MARCH 2017
LIVING IN THE HOLY SPIRIT

Beginning Reflection of Retreat, Thursday:

Simple Path pp.8-9:

Pope Benedict XVI

“God's love has been poured into our hearts through the Holy Spirit which has been given to us” (Rom 5:5). Nevertheless, **it is not enough to know the Spirit; we must welcome Him as the guide of our souls**, as the “Teacher of the interior life” who introduces us to the Mystery of the Trinity, because He alone can open us up to faith and allow us to live it each day to the full.

Pope Francis

Trust in the Holy Spirit, for it is He who “helps us in our weakness” (Rom 8:26). But this generous trust has to be nourished, and so we need to invoke the Spirit constantly. ... It is true that this trust in the unseen can cause us to feel disoriented: it is like being plunged into the deep and not knowing what we will find. I myself have frequently experienced this. Yet there is no greater freedom than that of allowing oneself to be guided by the Holy Spirit, renouncing the attempt to plan and control everything to the last detail, and instead, letting him enlighten, guide and direct us, leading us wherever he wills. The Holy Spirit knows well what is needed in every time and place

The tree of holiness is the Holy Spirit. The Path is the fruit of the Holy Spirit. The Path became the result of our listening to Christ in the Holy Spirit.

Are these two reflections how we live our lives?

Do we invoke the Holy Spirit before we pray and read the Path?

Bring to your conscience your concerns, troubles, issues, for example with spouse, child, work, health. How are you living these situations in your life according to life in the Spirit?