

**WHO  
IS THE  
HOLY  
SPIRIT?**



**AND  
HOW  
CAN I  
KNOW  
HIM?**

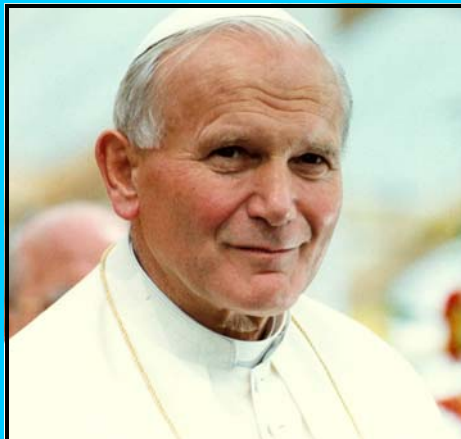
“We believe in the Holy Spirit, the Lord, giver of life, who proceeds from the Father and the Son. With the Father and the Son he is worshiped and glorified...” The Creed

### ***WHO IS THE HOLY SPIRIT?***

The Holy Spirit is the third person of the Blessed Trinity. The first person is God, the Father, the second is Jesus, the Son.

Because He is a person, we can have a relationship with Him. Just like through faith and prayer you can have a relationship with Christ, in the same way we can come to know and love the Holy Spirit.

In fact, Jesus desires that we have life-changing relationship with the Holy Spirit.



Pope John Paul II had a strong devotion to the Holy Spirit that he developed as a young boy. When he was in elementary school, he was having difficulty with math. He told his father about the trouble. His father gave him a prayer to the Holy Spirit and encouraged him to pray it. His father knew the Holy Spirit was his “advocate,” for everything in life, not just the spiritual stuff.

John Paul II spoke often on how the Holy Spirit made a big difference in his life everyday and how He can help us, as well.

### **The Fire Of God**

From the Catechism:

As fire transforms into itself everything it touches, so the Holy Spirit transforms into the divine life whatever is subjected to his power.  
*CCC 1127*

The Holy Spirit desires to touch our lives and set us on fire for God.

If we open our hearts to the power of the Holy Spirit, we will be changed. That is God’s promise to us.



**YOU MEAN THE HOLY SPIRIT IS NOT THE HOLY FAMILY’S PET BIRD?!?**

## HOLY SPIRIT Q&A

### **How important is the Holy Spirit to living a truly Catholic life?**

The two are inseparable. The Catechism tells us, The Holy Spirit is "the principle of every vital and truly saving action in each part of the Body." In other words, without the Holy Spirit, we have no Church, no life in Christ, no salvation.

### **How can I get the Holy Spirit at work in my life?**

First, is important to remember that the Holy Spirit is already at work in your life. He has been living in you since the day of your Baptism. 1 Corinthians 6:19 clearly teaches us that, "Your body is a temple of the Holy Spirit within you, which you have from God."

### **You mean when I was baptized I received the Holy Spirit?**

Yes, as Catholics we believe at Baptism we are baptized with water and the Holy Spirit. "Holy Baptism is the basis of the whole Christian life, the gateway to life in the Spirit." CCC 1213

### **But if the Holy Spirit is in me, then why don't I always feel Him?**

Well, it is important to understand that the Holy Spirit is a person, not a feeling. And while we can experience Him with our senses, we need to approach Him in faith, not feelings. With that being said, it is possible for us to have the Holy Spirit in our lives and yet not have His power fully released. This can happen because of sin or because we are not praying for God to stir up the gift of the Spirit we received in Baptism.

### **So how can I experience more of the Holy Spirit each day?**

First, ask in prayer for God to fan into flame the gift you received in both Baptism and Confirmation.

Second, get to the Sacraments of Eucharist and Reconciliation on a regular basis. The grace from these Sacraments empowers us to follow Christ and to live the life of the Holy Spirit each and every day.

Third, cooperate with the Holy Spirit. He will always live in us, but if we do not yield to His presence to empower us, to guide us, and to teach us how to love, then we are wasting the gift.

### **How will I know when the Holy Spirit is at work in my life?**

Galatians 5:22-23 states, "*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.*" When the Holy Spirit is at work in our lives, fruit begins to be produced. But be sure to be patient with yourself—real fruit takes time to grow and ripen. As you pray and follow Jesus, more of the fruit of the Spirit will grow in your life!



## What is true?

### ***The Spirit of God is the "Spirit of Truth"***

**In a world where everyone seems to be trying to sell you something and you are told to go find your own way, how can you know which way to go?**

**How can you know if something is truth or lie?**

**Jesus said, "I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth" John 14:17**

**The Holy Spirit is given to each of us to help us and guide us through life. But especially because the Catholic Church was born on Pentecost, through the power of the Holy Spirit, we can put our faith in the Church and what it teaches to guide us to perfect happiness!**

### **A daily prayer for you to ask for help from the Holy Spirit.**

O God, send your Holy Spirit into my heart that I may love you, into my mind that I may know you, and into my soul that I may live with you. Inspire me to holiness, love, and mercy. Teach, guide and direct my thoughts and feelings from beginning to end. May your grace ever help and correct me, and may I be strengthened now with wisdom from on high, for the sake of your infinite mercy. To you be all glory and power. Amen.

Remember:  
Ask and you shall receive!  
Seek Jesus and the Holy Spirit in the Sacraments!