

## Reflection 1

God has blessed us with so much we need to respond and turn to him with our hearts.

'There are two keys to the human heart we have one and he has the other. God in his omnipotence can do all things, with one exception: God cannot make a human heart humble and contrite alone. It is a mystery, but for this God needs our repentance. God cannot 'repent' in a person's place.'

Fr Raniero Cantalamessa Come Creator Spirit

## Reflection 2

We need to recognise our need for forgiveness. Let's examine our conscience in the light of God's truth and holiness.

'The blood of Jesus his son cleanses us from every sin. If we say that we have no sin, we are only fooling ourselves, and refusing to accept the truth. But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong'. 1 John :7-9

## Reflection 3

It's so easy in this day and age to think it all depends on us, we need to surrender our lives to Jesus every day and learn to rely on his strength.

'The way God plans to make us holy is for us to depend on what Jesus has achieved through his death and resurrection. In other words, God's way of undoing the fall is for us to abandon any plan to save ourselves and to depend entirely on what Jesus Christ has done for us..... It's all too easy to say Lord by your cross and resurrection you have set us free and then live as though we have become free by our will power alone.'

Fr Ian Petit 'God is not Angry'

## Reflection 4

Scripture is full of the promises of God, if we will only dare to believe and open our hearts to receive them.

'He has called us to receive his own glory and goodness. And by that same mighty power, he has given us all of his rich and wonderful promises. He has promised that you will escape the decadence all around you caused by evil desires and that you will share in his divine nature'. Peter 1:2-4

## Reflection 5

We need to unwrap the gift of the Holy Spirit every day of our lives and to hold on to the truth that there is always more that he wants to give us.

'God's love has been poured out into our **hearts** through the Holy Spirit, who has been given to us'. Romans 5:5

'This knowledge of faith is possible only in the Holy Spirit: to be in touch with Christ we must have first been touched by the Holy Spirit'.

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