

Reflection 1

We were created to thirst so that we can be filled by our loving Father.

'Anyone who is thirsty can come to Me! Anyone who believes in Me may come and drink! As the Scriptures declare; 'Rivers of living water will flow from their heart.'

Luke 7:37

'I fall to my knees and pray to the Father. I pray that from His glorious unlimited resources He will empower you with inner strength through His Spirit...then you will be made complete with all the fullness of life and power that comes from God.'

Ephesians 3:16,19

Reflection 2

We need to remember our daily need for even more of the Holy Spirit.

'We need to implore the daily grace of the Holy Spirit, asking Him to open our cold heart and shake up our lukewarm and superficial existence.'

Pope Francis, Joy of the Gospel 264

'The Spirit comes with the tenderness of a true friend and protector to save, to heal, to teach, to counsel, to strengthen and to console.'

St Cyril of Jerusalem

Reflection 3

Baptism in the Spirit is at the heart of our faith.

'He will baptise you in the Holy Spirit and with fire!' Matthew 3:11

'Let us rediscover the beauty of being baptised in the Holy Spirit...Jesus was revealed as the One who came to baptise humanity in the Holy Spirit; He came to give us life in abundance.' Pope Benedict, Rome 2008

'You must share the grace of the Baptism in the Spirit with the whole Church.'

Pope Francis, Rome 2014

Reflection 4

St Paul urges us to let the Holy Spirit guide our lives and when we do the fruit is evident.

'The Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, faithfulness, gentleness and self-control.' Galatians 5:22

'Fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love and self-discipline.'

2 Timothy 1:6

Reflection 5

St. Paul tells us to go on being filled with the Holy Spirit.

'Let me ask you a question; do you pray to the Holy Spirit every day? My guess is you don't – well you must!'

Pope Francis Rome 2014

'Do not grieve the Holy Spirit by the way you live...be filled with the Holy Spirit..pray in the Spirit at all times.'

Ephesians 4:30, 5:18, 6:18

'Always be joyful. Never stop praying. Be thankful in all circumstances....do not quench the Spirit.'

1 Thessalonians 5:16 touched by the Holy Spirit'

Catechism of the Catholic Church 683