

Reflection 1

This journey of faith is not an easy one we need to ask that the Holy Spirit empowers us to keep moving forward.

'When the Holy Spirit controls our lives he will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control'. Galatians 5:22

Reflection 2

Prayer is essential to our everyday lives.

'Without prolonged moments of adoration, of prayerful encounter with the word, of sincere conversation with the Lord, our work easily becomes meaningless, we lose energy as a result of weariness and difficulties, and our fervour dies out. The Church urgently needs the deep breath of prayer.'

Pope Francis Joy of the Gospel 262

Reflection 3

The miraculous gift of the Eucharist gives us life. Jesus knows how fickle we can be and that we have short memories for the truth. He gives us his body and blood so that we will not forget him.

'The culture breathes the forgetfulness of God' St John Paul II

'For my flesh is true food, and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them'. John 6:55-56

Reflection 4

We have to ask God to be in all that we do so that we become more like him.

'Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.'

St Augustine.

Reflection 5

The only way to keep what we have been given is to give it away!

We are called to be Spirit-filled evangelizers, fearlessly open to the working of the Holy Spirit.....The Holy Spirit also grants the courage to proclaim the newness of the Gospel with boldness in every time and place, even when it meets with opposition.Jesus wants evangelizers who proclaim the good news not only with words, but above all by a life transfigured by God's presence.

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