3. THE HOLY SPIRIT AND US

1. God loves us so much that we were given the Holy Advocate to teach us, and guide us, to comfort us, and to sustain us in life. The Spirit abides in each and every person.

2. Paul wrote, “The Holy Spirit is the power that brings the soul to life. It is the energy that drives every one of us. It is the breath of life that lets us be who we were meant to be.” The Holy Spirit is the outpouring of God’s love over all time and in every place.

3. A farmer plants a seed where it can grow, but the farmer can’t make it grow. It grows by the power of the Spirit. The farmer has faith that it will grow even though the farmer may never see the harvest.

4. We offer an act of love, like planting a seed, but we can’t make it grow. We place this offering into the hands of God and have faith that it will produce what God wants it to produce by the power of the Holy Spirit.

5. Our task is to love our neighbors as ourselves, without expectation of a result, without expectation of a return, without any expectation of self-gain at all. It is God’s place, not ours, to take this act of love and grow it through the Holy Spirit. Do the love, then let God grow it.

6. Our other task is to listen, listen, listen to the guidance and wisdom of the Holy Spirit in the stillness of the night, in the stillness of our prayers. To be filled with the Holy Spirit is to be filled with the love of Christ.

“The Holy Spirit graciously breathes into us the gifts that lead to eternal life.” - Julian of Norwich