

# DAILY MEDITATIONS WITH THE HOLY SPIRIT

MINUTE MEDITATIONS FOR EVERY DAY  
CONTAINING A SCRIPTURE READING,  
A REFLECTION, AND A PRAYER

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**Illustrated**



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OD has called us to holiness, not to impurity. Anyone who rejects these instructions rejects . . . God Who also gives His Holy Spirit to you.

JAN.  
21

—1 Thes 4:7-8

**REFLECTION.** God places the Holy Spirit within our hearts. Like the Eucharist which is bread that is so Spirit-filled that it becomes the body of Christ, so also our human bodies have become so Spirit-filled that we have become part of the Mystical Body of Christ.

We must treat our bodies with dignity and not allow them to be misused by practicing impurity.

**PRAYER.** *May I proclaim the Good News through the purity of my ways.*

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RETHREN, we direct you to select from among you seven men of good reputation, men filled with the Spirit and with wisdom . . .

JAN.  
22

—Acts 6:3

**REFLECTION.** The first prerequisite for service in the Church is that the person be filled with the Holy Spirit.

Whether to minister or not is not really our own personal choice. It is the Spirit Who calls us to ministry and the Spirit Who gives us the courage and love to respond to that call with generosity.

**PRAYER.** *Teach me, Spirit of God, how I can serve Your holy Church.*



HE has appointed me to be a minister to the Gentiles . . . in order that they might become an acceptable offering consecrated by the Holy Spirit. —Rom 15:16

FEB.  
14

**REFLECTION.** St. Paul speaks of his priestly service of presenting the Gentiles as a fragrant offering to the Father. Rather than being consumed by fire, this offering was sanctified by the fire of the Holy Spirit.

We, too, are called to be God's co-workers in bringing people to salvation.

**PRAYER.** *Lord, may I always be willing to share my faith with those who need to hear the Good News.*

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THOSE who are led by the Spirit of God are children of God.

—Rom 8:14

FEB.  
15

**REFLECTION.** What does it mean to be a “child of God?” Parents love their children and want what is best for them. There is an intimacy in their relationship that survives both time and struggles.

Children must trust and obey their parents and learn life's lessons from them. Parents should be willing to die for their children, and it breaks their hearts when they see their children making bad mistakes.

**PRAYER.** *Our Father, Who art in heaven . . .*



JOHN answered, telling them all: "I baptize you with water, but there is one coming . . . He will baptize you with the Holy Spirit and fire."

—Lk 3:16

JULY  
25

**REFLECTION.** John recognized that his baptism was only one of repentance, a turning away from sin. Jesus' baptism involved a turning away from sin but also being invited into the life of God through the breath of the Holy Spirit in our hearts.

The fire of the Holy Spirit will purify our hearts and inflame our love.

**PRAYER.** *Holy Spirit, Sanctifier, baptize me again in Your fire of love.*



IT had been revealed to him [Simeon] by the Holy Spirit that he would not experience death before he had seen the Christ of the Lord.

—Lk 2:26

JULY  
26

**REFLECTION.** We do not know whether Simeon received a vision or simply knew in his heart that he would see the Messiah. The Holy Spirit reveals things in many different ways (through visions, dreams, a hunger in one's heart, etc.)

The promise made to Simeon is also ours: Jesus will reveal Himself to us.

**PRAYER.** *Reveal Your truths, to me, O Spirit of Wisdom, and teach me how to share those insights with others.*



**I**N the one Spirit we were all baptized into one body, Jews as well as Greeks, slaves as well as free men . . .

—1 Cor 12:13

**AUG.  
12**

**REFLECTION.** Here on earth, racial or economic distinctions are sometimes considered to be important. The Spirit reminds us that these things are insignificant in the light of our salvation.

We are all loved by God, and no matter who we are or what we do, we can all respond to that call and share in God's bounty.

**PRAYER.** *Spirit of Truth, help me to see our earthly distinctions for what they are.*



**B**UT as to myself, I am filled . . . with the Spirit of the Lord . . . so that I might declare Jacob's crimes and Israel's sins to them.

—Mic 3:8b

**AUG.  
13**

**REFLECTION.** The Spirit of God helps us to be honest about our sinfulness.

The Spirit, the love and compassion of God, wants us to experience God's healing. Yet, we can only be healed if we admit that we need that healing, that we are broken and sinful.

**PRAYER.** *Spirit of God, teach me to be honest with You and myself every time I examine my conscience.*