

COME,
HOLY SPIRIT



By
A Sister of Charity of Providence

849117



Murillo

THE CHRIST CHILD

COME,
HOLY SPIRIT

*An Explanation of the Ceremonies and
of the Wonderful Effects of the
Sacrament of Confirmation*

**OUR SUNDAY VISITOR LIBRARY
HUNTINGTON, INDIANA**

By
A Sister of Charity of Providence

NIHIL OBSTAT

MATTHAEUS BRITT, O. S. B.
Censor Librorum

IMPRIMATUR

† GERALDUS SHAUGHNESSY, S. M.
EPISCOPUS SEATTLENSIS

Seattle
8 Sept., 1934

Copyright, 1935,
SISTERS OF CHARITY OF PROVIDENCE
SEATTLE, WASHINGTON.

FOREWORD

The object of this pamphlet is to foster in the hearts of all the children of God a deeper appreciation of the Sacrament of Confirmation, and a fuller realization of the abiding Presence of the Holy Spirit in our soul.

Through these pages may our little ones, from their earliest years, know and love the Divine Guest of their hearts, and be ever truly devoted to Him.

May the Holy Spirit deign to bless this humble pamphlet, and captivate with His love all who read it.

Provincial House of Providence,
Mount St. Vincent,
Seattle, Washington,
August 15, 1934.

THE HOLY SPIRIT AND HIS SACRAMENT OF LOVE

God's great love for us never seems satisfied, never thinks that it has done enough. We should have thought that the gift of Himself in Holy Communion would have satisfied even Infinite Love. But the Ever Blessed Trinity would pour out upon us still greater treasures. God the Father in creating us, God the Son in redeeming us and in His abiding Presence with us in the Tabernacle, proved to us Their Infinite desire to make us happy here and to bring us to eternal happiness in Heaven. What then was left for the Holy Spirit to do? He had done for us all that the Father and the Son had done, for there is only one God. In every sacrament, in every grace we receive, the Holy Spirit is at work. But He would have also a sacrament of His own, in which He might come to us in person to encourage and strengthen us to be faithful soldiers of Jesus, by pouring out upon us His gifts and His fruits.

We all know that the Holy Spirit came to us first at Baptism. As we were born in the state of original sin, the devil then had possession of us. But the power of the words uttered by the priest as he baptized us: "Depart, unclean spirit, and give place to the Holy Spirit," forced

Satan to flee from us, and the Holy Spirit came to dwell in our soul forever, if we will have it so.

The devil, however, who left us at the priest's command is jealous of God's love for us, and does all that he can to regain possession of our heart. He would dethrone the Holy Spirit, in order to reign supreme himself. For this reason he studies us carefully from our earliest years, and redoubles his watchfulness as we become able to use our free will. He tracks our steps, watches our faults, and plans ways to tempt us, in order to make us form bad habits that will be so strong that we can hardly overcome them.

It is just at this time in our life, when our first hardest struggles begin against our bad inclinations, and when we most need help, that God comes to arm us with His strong sacrament for our spiritual warfare, to give us strength to fight against this wicked enemy, the devil.

Let us try then to understand this sacrament and prepare our heart for the coming of the Holy Spirit, in order that we may receive all the graces that He wishes to give us.

For this purpose let us go back to that night of our Lord's Last Supper with His Apostles. We see them gathered around Him. They have just made their First Communion, and their hearts are burning with tender love for Jesus. But now He tells them that He must leave them.

For three years they had followed Him everywhere; they had learned to love Him more than all else; they had left their homes and all that they possessed to be in His company. In return He has been everything to them. With Him they feared nothing, neither the threats of Jesus' enemies, the rulers, nor the very devils themselves.

And now Jesus is going away! Are they to be left alone? What is to become of them, and of the great work that He had told them they were to do? Who would teach them, comfort, and protect them? Like helpless children they looked at Him; they could not speak, for their hearts were breaking with sorrow. Oh, how much did not our Lord feel for them at this hour! And as He tries to comfort them, what is it that He tells them that fills their hearts with new courage? Let us listen to His own dear words of tenderness, as He promises to send them His Holy Spirit to take His place, to be to them all that He has been,—Teacher, Comforter, Protector, Light, Strength, and Joy.

Our Lord calls them "little children," and says that because He has told them He is going away sorrow has filled their hearts. He bids them not to be troubled, for He will not leave them orphans; He will ask His Father and He shall give them another Paraclete, whom they will know because He will be in them and will teach them all things, and will abide

with them forever. He tells them that it is expedient to them that He goes; for if He does not go, the Paraclete will not come to them; but that if He goes, He will send Him to them.

We see that our Lord speaks of His going away as necessary and as a gain to the Apostles, for He who was coming to take His place was His own Holy Spirit, the Third Person of the Holy Trinity, and true God as Jesus is true God, and equal to Him and to the Father in all things. He would be everything to them as Jesus had been. Just as Jesus had by His visible presence taught them by word and example; so the Holy Spirit, He told them, would teach them interiorly, for He would reside in the depths of their hearts, and moreover, He would never leave them.

PENTECOST SUNDAY

When, then, did the Holy Spirit come to the Apostles? He did not come until after our Lord had ascended into Heaven. As Jesus left them on Ascension Day, He told them to go to Jerusalem, back to the Supper Room, and there prepare for the Holy Spirit's coming by days of prayer and silence,—what we should call a retreat.

Since the night that our Lord first promised the Holy Spirit, the Apostles had learned how much they needed Him.

One of their number had betrayed Jesus, another had denied Him, and all but one had left Him to suffer and to die alone. Even after the Resurrection, they kept within barred doors for fear of the Jews. Surely, they needed strengthening, if they were to go out into the world and convert men as their Master had promised.

The Apostles, therefore, went back to Jerusalem as Jesus had told them, and they spent the days united with our Blessed Mother, in pleading with Jesus to fulfil His promise to them, and in praying that they might be ready to receive the Holy Ghost.

Ten days later, on Pentecost, as they were all gathered together, with our Blessed Lady in their midst, there came suddenly a sound as of a mighty wind, and immediately above the heads of each one present, there appeared tongues of fire. Just as in token of His love and tenderness, the Holy Spirit had taken the form of a dove at Jesus' Baptism, so now He took the form of tongues of fire, in token of the fervor and zeal that He was giving to these first Apostles.

Before they could go out as teachers of the faith, they needed a more perfect faith and a fuller understanding of the great truths they were to give to others. The Holy Spirit came, then, to enlighten them; and because they were to bear witness by their fortitude in suffering for the truths they were to teach, the Holy

Spirit also came to strengthen them.

If we wish to know what the Sacrament of Confirmation can do when we prepare worthily for its reception, let us notice the difference in the Apostles after their Confirmation. No more closed doors! No more hiding! After the Descent of the Holy Ghost, they came out fearlessly and confessed their belief in Jesus before their most bitter enemies, and rejoiced when they were cruelly scourged for having done so. We do not find that they ever again feared anything; instead, they rejoiced to suffer hunger and thirst, cold and poverty, scourging and prison, and they became happy martyrs for their faith.

Perhaps the graces of this sacrament were never more needed than in these days, when so many who hate God are trying to make us forget Him. Often we are called on to profess our faith when it is very hard to do so; when we may be ridiculed for it; when to say that we are Catholics will mean that we are made poor by unemployment; or when we may lose the friendship of our loved ones. But through the outpouring of the sacramental grace of Confirmation we are enabled to be true followers of Christ,—to be willing to die rather than ever deny our belief in Him, or yield to the enemy of our soul by sin.

THE CEREMONY OF CONFIRMATION

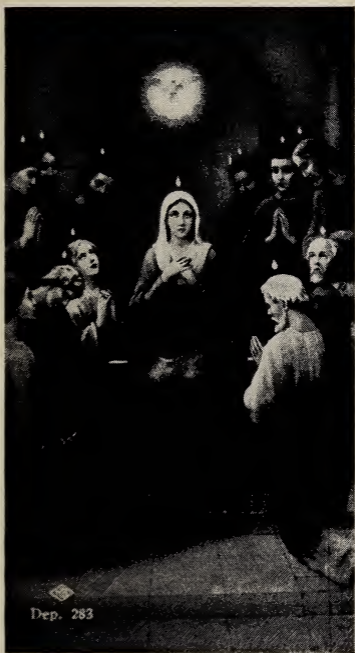
By studying the outward signs of the Sacrament of Confirmation we shall be able to get a better understanding of its wonderful effects on our soul.

When we have assembled in the church for the reception of this sacrament, the bishop, who is the ordinary person to confirm, since he is the leader in his own diocese, will turn toward those who are to be confirmed, and with his hands joined upon his breast, he will say:

“May the Holy Ghost come down upon you, and may the power of the Most High keep you from all sin. Amen.”

After another short prayer, he extends his hands over those to be confirmed. This signifies that sacramental grace is at that moment being imparted to each soul. He then addresses a solemn prayer to the Eternal Father, begging Him through Jesus Christ, His Son, to send His own Holy Spirit into our soul with all His gifts.

“O Almighty, Everlasting God, who hast vouchsafed to regenerate these Thy servants by water and the Holy Ghost, and who hast given them the remission of their sins, send forth upon them the Sevenfold Holy Spirit, the Paraclete, from Heaven. Amen. The Spirit of Wisdom and of Understanding. Amen. The



THE FIRST PENTECOST

Spirit of Counsel and of Fortitude. Amen. The Spirit of Knowledge and of Piety. Amen. Replenish them with the Spirit of Thy Fear and sign them with the sign of the cross of Christ, in Thy mercy, unto life everlasting, through the same Jesus Christ, Thy Son, our Lord, who liveth and reigneth with Thee, in unity of the same Holy Spirit, one God, world without end. Amen."

Then the bishop pronounces the name of each person to be confirmed, and makes the sign of the cross with holy chrism on the forehead of each one, saying:

"I sign thee with the sign of the cross, and I confirm thee with the chrism of salvation, in the Name of the Father, and of the Son, and of the Holy Ghost. Amen."

This signifies that we are sealed as Jesus' very own, and that upon our soul is imprinted an indelible character which will last for all eternity. The devils see that sign of the cross, and they tremble; for they know that by it we are to conquer them through the power that the Holy Spirit will be ever ready to give us when we ask Him.

The holy chrism with which the bishop signs us is composed of oil of olives and balsam, and is solemnly blessed by him on Holy Thursday. It is kept with great veneration in the church, and is used only in the consecration of such

things as are set apart for the service of God, and which are dedicated and sanctified for Him. Bishops, churches, altars, and chalices are consecrated with this holy unction. Therefore, we as Christians, should understand that by this unction or chrism, with which we are signed in Confirmation, we too are solemnly consecrated and dedicated to God to be His temples forever; and that this outward unction is the visible sign of an invisible sanctification of our soul by the Holy Ghost. The mysterious mixture of oil and balsam denotes the wonderful graces of the Holy Ghost, and the effects of the sacrament in our soul. As oil is a smooth, mild substance, it represents that spirit of mildness and patience under the cross, which is one principal effect of Confirmation. The balsam, a precious plant from Eastern lands, whose fragrant, resinous juice soothes, heals, and saves from corruption, represents that special grace of Confirmation which preserves our soul from sin after it has been cleansed by Baptism.

After signing with the cross those who are to be confirmed, the bishop then gives a slight blow on the cheek, saying, "Pax tecum," which means, "Peace be with you." This signifies that henceforth the person confirmed is to be ready, like a true soldier of Jesus Christ, to endure patiently any kind of suffering for his faith, and that God's peace will ever fill his heart in suffering and trouble. This blow also reminds him of that Gift of

Fortitude which is increased in him at this time particularly, and which is proof against every cowardice.

When all have been confirmed, the bishop turns again to the altar and says the following prayer:

“O God, who gavest the Holy Ghost to Thy Apostles, and hast been pleased to ordain that by them and by their successors He should be given to the rest of the faithful; mercifully look down upon what we, Thy poor servants, have done, and grant that the hearts of these Thy faithful, whose foreheads we have anointed with Thy sacred chrism and signed with the Holy Cross, may by the same Holy Ghost coming down into them, and by His vouchsafing to dwell in them, be made the temples of His glory, who with the Father and the same Holy Ghost, livest and reignest God, world without end. Amen.”

These ceremonies then end with the special blessing of the bishop.

HIS SEVENFOLD GIFTS

Having studied the meaning of the outward signs of the Sacrament of Confirmation, let us try now to understand the wonderful gifts which the Holy Spirit increases in us at this time.

They are seven in number, and are first given to us at Baptism, when the

Holy Ghost comes to take up His abode in our heart. They are then, as it were in their infancy, and must be developed through fervent prayer, through the worthy reception of Holy Communion, and devout assistance at Holy Mass, in order that they may produce fruit. They are a wondrous treasure hidden within us, which we may use whenever we will. They enlighten our mind to see God's Will, and strengthen us to do all that He asks. Wisdom, Understanding, Counsel, and Knowledge enlighten our mind. Fortitude, Piety, and Fear of the Lord strengthen our will.

The Gift of Wisdom is a taste and desire for all that has to do with God and holy things. Prayer, Holy Mass, Benediction,—all that belongs to God's service is relished, enjoyed, by those who have a taste for the things of God.

Those who are truly wise value the pleasures, riches, and honors of this world as Jesus valued them. They prefer to be like Him in His privations and sufferings, that they may win souls for Heaven.

The Gift of Understanding helps us to see the meaning and beauty of the truths of our holy Faith, which it thereby strengthens.

Those who understand are obedient to God's commandments, for they wish to do His Will in every detail. They are glad to be corrected when in fault, for

this they consider is a favor. They look upon all trials as proofs of God's special love. They are glad to hear stories of our Lord's life, the lessons of which are made ever more clear to them through the help of this gift.

The Gift of Counsel teaches us to seek guidance from God before acting in any important matter, for we realize that we have within us a Guide who will always tell us what to do at the present moment.

Those who use the Gift of Counsel ask for light to know what is the right thing to do in all the trifles of every day about which they may be in doubt. No detail of our life is too small for the Holy Spirit to take an interest in. He loves to have us ask for His light and help in our very least duties; but the evil spirit tries instead to make us hurry when he suggests something that is wrong, so that we will not take time to ask God's help.

The Gift of Knowledge makes us realize that we are on earth to save our own soul, and the souls of others. This knowledge helps us to use everything around us as a ladder to Heaven. The flowers, the birds, the sun, the rain,—all serve to remind us of the goodness of God, and they cause us to praise Him, for He has made them to help us to know Him better.

Those who are using the Gift of Knowledge see God's Will in everything

that happens. Crosses and disappointments and failures are all accepted as coming directly from His hand, to help us gain greater merit in Heaven, and to be closer to Himself there. They who make use of this gift study our Lord's life to make it their model. At Bethlehem they learn that it is not riches, nor honor, nor pleasures that are most pleasing to God; at Nazareth, they learn to be obedient as Jesus was; at Calvary, they learn to suffer patiently and to forgive even their enemies as He did.

The Gift of Fortitude gives us strength to do the right thing, no matter how much it may cause us to suffer. It is necessary to every one of us if we would save our soul. Sooner or later trials must come,—unkindness, ridicule, failure, the loss of those we love. Human respect and our own bad passions will stand as difficulties in our way. At prayer, at work, at study, wherever trouble finds us, Fortitude must uphold us, or we shall be faithless to God.

Those who use this gift are strong like the saints and martyrs. They never forget that without God's help they can do nothing; therefore they call on the Holy Spirit for strength to bear up bravely in every difficulty and to deny themselves courageously. The Holy Spirit never refuses to help His children when they ask Him for these graces.

Let us imitate those, who for the love

of God, choose to do little things that they dislike in order to constantly remind themselves of the wonderful power of this gift they have received.

The Gift of Piety fills our heart with tender love for our Father in Heaven, makes us cry to Him in every need, and show Him obedience, reverence, and praise. It is the gift that fills our heart with love for our neighbor, and makes us kind and anxious to help him, because that is the best way to show our love for our Father, who considers what we do for our neighbor as done for Himself.

Those who use the Gift of Piety are careful never to offend such a good Father. They go to Him in all their troubles and needs, and trust Him to care for them. They do for their neighbor all that they would like to do for God, since this is the best way of showing their love for Him.

The Gift of Holy Fear is most precious to us because it fills our heart with a great horror of sin, and a dread of doing the least thing to offend God, our kind and loving Father. By the help of this gift we will keep away from the least occasion of sin,—bad books, bad shows, bad companions,—everything that would cause us to fail in our good resolutions.

Those who use this Gift of Holy Fear listen to God's warning in their heart when they are about to do wrong, and

they do what is right, no matter how much it hurts them. They would rather die than commit a wilful sin. They are obedient to the priest, to their parents, to their teachers, and to all who in any way may hold God's place. They also show by the way they behave in church, or when they speak to God in prayer, that they revere and love Him too much to do the least thing that would be disrespectful.

Has not our dear God shown Himself very generous in providing each one of His children with such spiritual helps as His sevenfold gifts? They are so strong that they can lead us to the highest degree of holiness, and cause us to love God and do for Him what the saints did.

FRUITS OF THE HOLY SPIRIT

The Fruits of the Holy Spirit, as enumerated by St. Paul, are twelve: Charity, Joy, Peace, Patience, Benignity, Goodness, Longanimity, Mildness, Faith, Modesty, Contineny, Chastity. These fruits should be visible in every Christian, for thereby we shall know that the Holy Spirit dwells in him; for the tree is known by its fruit.

If the Holy Spirit dwells in our heart, we may be compared to a tree full of vigor, which brings forth the best and sweetest fruit; that is, acts of virtue and of holiness. If the spirit of the world,

the spirit of the flesh, and the spirit of pride have taken possession of our soul, we are like an evil tree, which brings forth bad and bitter fruit.

The Fruit of Charity most resembles the Holy Spirit, because He is Love itself. This fruit is like a mother to all the rest, for we must love God and our neighbor, or we cannot bear any spiritual fruit at all.

The Fruit of Joy is another proof that we possess the Holy Spirit in our heart, for He is Joy itself. He fills us with happiness for the very least thing that we do for Him. Nothing makes us so happy as being in the state of grace.

The Fruit of Peace causes God to rest in our heart, for it means that we want only what He wants, and that we avoid all that displeases Him; thus our conscience is at ease.

The Fruit of Patience keeps us from being troubled by any difficulty or disappointment. It also helps us to persevere in prayer, no matter how long we may have to wait for an answer.

The Fruit of Mildness helps us to be meek with those who try our temper or provoke us, and to return good for evil.

The Fruit of Goodness fills us with a desire to help others. It causes us to radiate kindness on every one.

The Fruit of Benignity helps us to

oblige others willingly and gladly. It causes us to consider always the feelings of others, and to treat them with great kindness and gentleness.

The Fruit of Faith makes it easy for us to believe all the truths that our holy Faith teaches us.

The Fruit of Modesty makes us holy in our thoughts, watchful in our words, and grave in our behavior, because we realize that God is within us.

The Fruit of Contineny helps us to use all creatures for God's glory, and to restrain all our unruly passions, such as anger, sadness, pride, ambition, and all forbidden pleasures of our senses.

The Fruit of Chastity helps us to keep our soul and our body pure, because within us lives God, who is the Lover of holy purity.

Daily Communion is the best means of increasing the fruits and gifts of the Holy Spirit; for our Lord, uniting His Body to our body, and His Soul to our soul, burns and destroys within us the seeds of our vices, and communicates to us by degrees His own divine temperament and perfections, according as we prepare for His coming and allow Him to act in us.

Whenever we find that we are constantly failing in any one of the fruits of the Holy Spirit, we must do all that we can to discover the defect which

causes this, so that all twelve fruits will shine in us like the stars encircling the head of the Mother of God.

HOW TO PREPARE FOR THE COMING OF THE HOLY SPIRIT IN CONFIRMATION

What should we do to obtain the Gifts of the Holy Spirit?

First, we should earnestly desire Him to increase these gifts in us, and confidently trust that He will do so.

Second, we should make such a good confession that He will wish to fill our purified heart with His love.

Third, we should, as the Apostles did, prepare for His coming by silence and prayer. Let us, like them, beg our Blessed Mother to intercede for us with Him. He is ready enough to come to us with an increase of His gifts and fruits, yet He wishes to be invited, and even pressed to come. Prayer is the golden key to His treasure chamber.

If we are faithful to prepare as did the Apostles for His coming, the Holy Spirit will not fail to work a change in our heart also. There will be no noise of a mighty wind, nor vision of fiery tongues, for these were needed only for the people on the outside. These exterior signs

attracted and interested them in what was going on, and made them willing to listen to the preaching of the Apostles and be converted. In our heart, the Holy Spirit will work silently. He will inflame us with His love, and stir us to do good, and transform us as He did the Apostles. We are told that so great was the help given them when they were confirmed, they never again committed a mortal sin. This shows not only the abundance of grace given them, but also the wholeheartedness and loyalty of their cooperation.

As the Holy Spirit gave miraculous power to the speech of the Apostles after their Confirmation, so that people of different countries might understand them and be converted; so too will He let us speak a language which will be understood and will convert all with whom we live. This will be the language of our good example.

If our companions see us doing what is right,—studying our lessons, being obedient, kind and patient, keeping silence where we should, saying our prayers devoutly, going to Holy Mass, receiving Holy Communion frequently, visiting our Lord in the Blessed Sacrament often,—they will be led to do the same, and we shall, by the Holy Spirit's help, be little apostles too, making other souls love and please God better.

Lastly, after their Confirmation the Apostles were ready to suffer anything

rather than deny their faith. They even rejoiced to be scourged and put in prison that they might thereby prove their love for Jesus and their loyalty to Him. If we worthily receive this Sacrament of the Holy Ghost we too shall be enabled to endure any suffering, any persecution, and even martyrdom itself, in defense of our faith. Our only fear will be lest we should ever become cowardly or disloyal soldiers of Jesus, for nothing is so disgraceful as a Catholic who is ashamed of his faith, or is so cowardly as to deny it. Let us therefore prepare as fervently as did the Apostles for the reception of this sacrament, and the Holy Spirit will come Himself with His great Gift of Fortitude, and will make us His firm and faithful children.

THE GREATEST GIFT OF THE HOLY SPIRIT

The greatest gift which the Holy Spirit imparts to our soul is Sanctifying Grace, which He brings with Him into our heart at Baptism, along with His sevenfold gifts. It is something so precious and divine that it cannot be explained. It makes our soul so holy and pleasing to God that He delights to live with us, and He makes our heart His home.

When in Baptism He first comes to us with His most precious gifts, our whole

heart belongs to Him without any reserve. Oh, if we could only always make Him feel at home there! But, as children grow older they often grow selfish; they want to have their own way, and will not do as God urges them. Then, too, they learn to love other persons and things better than they love God, and they naturally give them the first place in their heart,—God's place; while they force Him to take perhaps a little room in the garret, where they will not hear His voice so clearly, nor see His dear eyes pleading with them to let Him have His place again. If this is what we too have done with our sweet Guest, let us hasten at once to give Him all our heart, to make Him so much at home with us that He can urge us to do just what He wants. And we will try to make His home more bright and beautiful each day by increasing that grace which is so pleasing to Him.

How can we increase this grace? We can increase our degree of sanctifying grace by every good work, not only by great deeds, but by every little act done for His love. Every prayer said devoutly, every holy wish, every devout glance at the Sacred Host, or at a holy picture, every time that we say no to temptation, we receive at once a new degree of grace. Each time that we wash our soul in the Sacrament of Penance we receive a big share of grace, for the sacraments give not only sanctifying grace, but sacramental grace as well. Above all times,

we increase this grace when we receive Jesus in Holy Communion, for His Heart touches our heart and makes it more like His own, and at the same time makes it easier for us to be good.

Let us then do all that we can to make God take more delight in His little home, our heart. Let us try to keep it as clean and as pure as we can, by never offending Him deliberately. If we should have this misfortune, let us hasten to make an act of perfect sorrow for having offended our God who is so good to us, and as soon as possible go to Confession to get our soul washed in Jesus' Precious Blood, that it may once more be bright and beautiful for our Divine Guest.

Let us also profit by all the actual graces that the Holy Spirit gives us; for every time that we do a good act it is the Holy Ghost who urges us to do it, and gives us strength to do it; which means, that He gives us His own actual help, called actual grace. We cannot have even one good and holy thought without His putting it in our mind. We cannot say our dear Lord Jesus' Name piously, unless the Holy Spirit helps us. Without His grace, then, we can do nothing that is good. Without His Presence in our heart, we lose all that holy beauty which makes us pleasing to God. Only mortal sin can force Him to leave us, for He cannot live with those who serve the devil. Let us always, then, do what God wants of us, what He tells us

to do in His commandments and those of His Church; and then the misfortune of losing His Presence will never befall us.

DEVOTION TO THE HOLY SPIRIT

How much we should love the Holy Ghost for all that He has done and is ever doing for us! Surely, if we could but know Him better, we would be truly devoted and grateful to Him. Let us, therefore, study the meaning of the different names by which He is called.

HOLY GHOST

Why is the Third Person of the Holy Trinity called "Holy Ghost"? The word "ghost" means spirit. He is called "Holy Ghost" because the work of making us holy has been entrusted to Him. To God the Father is attributed our creation, to God the Son, our redemption, and to God the Holy Ghost, our sanctification. To help us to become other Christs, to do as Jesus did during His mortal life, is the special work of the Holy Ghost in our soul; for the more closely we imitate Jesus in all our actions, the more holy we shall be.

SPIRIT OF LOVE

The Holy Spirit is often called the "Spirit of Love," for He is the Person of Love in the Blessed Trinity. St. Bernard calls Him the Kiss of God the Father and God the Son. How much, then, He must want our love! He loves us far more than our own mothers and fathers, and He is ever working for our good, strengthening us to do hard things, and making them easy for us. It is a special attribute of the Holy Spirit to make it easy to do hard things. Let us, therefore, often beg Him to fill our heart with love for Himself and for Jesus and our Eternal Father. He will be happy to do this. Let us go to Him in all confidence, knowing that One who really loves us is willing to do everything for us.

PARACLETE

We often hear the Holy Spirit called "Paraclete." Our Lord Jesus was the first to call Him by this name, when He promised to send Him to the Apostles at the Last Supper.

This name means a comforter, one who brings a fresh supply of courage and strength. Just as He remained in the hearts of the Apostles encouraging them to do the hardest things, so too will He remain with us, helping us in every diffi-

culty. The happiness that He pours into our heart for the least cross we bear gives us added courage to keep up the fight against our passions, to forget self, to work for souls, to do everything through love for God. It is His kiss of love that He imprints upon our heart in the Sacrament of Penance that fills us with such peace and joy when we have made a good confession. O come, dear Comforter, and give us Your strength and courage to do the work that God wants us to do for Him during our life!

The name "Paraclete" also means an advocate, one who prays and intercedes for another. He will not only teach us how to pray by praying in us, but He Himself will also plead for us. He will show us how to prepare for Confession and Holy Communion and how to say all our prayers if we will only ask Him. It is for this reason that we begin most of our prayers with a petition to Him to help us lift up our hearts to God. Let us remember always to ask Him to help us prepare for the reception of the sacraments, and then we shall derive more fruit from them.

GIFT

The name "Gift" is often given to the Holy Spirit because He is God's highest and best Gift to us, for He not only gives us Himself, but by His grace He gives

us God the Father and God the Son; where one Person of the Holy Trinity is, there also are the other Divine Persons.

To our hearts He gives the gift of His love, for we have no love in our heart for God or for our neighbor, unless He puts it there. Love is very important, for it is that which makes us try to be good. We will do anything for one whom we love.

To our body He gives not only Himself by making it His temple, but He also gives us that measure of health and strength that will enable us to do the work that has been planned for us from all eternity, which will enable us to save our souls and give glory to God.

LIVING FIRE

At the first Pentecost He appeared as tongues of fire. Fire, which warms, softens, melts, and consumes everything that it touches, is the symbol of love. The Holy Spirit warms cold hearts, softens hard hearts, and melts with His divine love the most rebellious hearts. As fire lights up all that surrounds it, so does the Holy Spirit shed His all-powerful light into our heart, that we may see the least shadow of sin and repent of it. It is for this reason that we ought to call on Him to prepare our heart for Confession. He will at the same time fill it with such love and sorrow that we will make a more firm purpose never to of-

fend God again. He will help us to see the occasions of our faults, that we may avoid them in the future. Let us have great confidence in His divine light. Before our classes, or when studying our lessons, let us ask Him to help us to see and understand them better. Nothing delights Him more than to have us ask for His help, and trust Him to give it.

LIVING SPIRIT or FOUNTAIN

The Holy Spirit is often called "The Fountain of Living Water." Water typifies His action in our heart; for it purifies, refreshes, and makes things grow. Without it, everything withers and dies.

The Holy Ghost purifies our heart from even the greatest sins by washing it in Jesus' Precious Blood in the Sacrament of Penance, thus restoring to it its lost beauty. If He did not fill our heart with sorrow, and help us to make a firm purpose of amendment, we should not have our souls purified in this sacrament, for we must have worthy dispositions.

He refreshes us when we are tired, by giving us consolation and new courage. We all know how happy we feel when we have tried hard to do the right thing, or to make some sacrifice for God. It is the Holy Spirit who gives us this sweet joy, for He is the Joy of the Father and the Son.

Just as water makes the grass and flowers grow in the soil, so does the Holy Spirit make virtues grow in our heart.

DOVE

At the Baptism of Jesus, the Holy Spirit appeared as a dove. It is the emblem of purity, peacefulness, and gentleness,—all of which are the special attributes of the Holy Ghost. The purer our heart is, the greater delight we give Him. The more gentle we are, the more we shall be like Him. He is the Spirit of Peace,—no matter how sorry He makes us feel for our sins, He always keeps us peaceful; it is the devil who makes us fearful, afraid of God, troubled, and anxious.

DIVINE PERSONALITY OF THE HOLY SPIRIT

Since we are trying to know more about the Holy Ghost in order to love Him better, let us see in what ways He is like Jesus.

1. He is gentle like Jesus,—He never forces us to do anything, but urges us ever so gently.

2. He is patient like Jesus,—He knows how weak and forgetful we are, and therefore He calls us again and again to

obey Him. He never wearies of trying to call us back to Him, when we have strayed from His love.

3. He is sensitive like Jesus,—He grieves to be left alone and forgotten. How many people never think of His presence in their hearts, never speak to Him or tell Him of their love, never thank Him, nor ask His help! How many too, insult Him, slight Him, and offend Him! Let us, His own dear children, do all that we can to console Him for this neglect. Let us often tell Him of our love, and thank Him for His gifts, and for remaining with us as our Guest. Above all, let us never grieve Him by the least deliberate venial sin.

4. He is generous like Jesus,—how many graces He gives us, how many more He would give us, if we would only let Him. But we are afraid to do too much, afraid to forget ourselves, to deny ourselves; so we refuse many of the gifts of grace which He would give us so gladly, if we were only more generous too, and more unselfish.

5. He is humble like Jesus,—we know that this was Jesus' favorite virtue. The Holy Spirit's work in our hearts is hidden. Humble people please Him most, for they realize that they are too weak to practise virtue by themselves, and they therefore always ask for His help.

6. He is a lover of children as Jesus is. It is truth and sincerity and open-

heartedness that make children so dear to Him, for He is the Spirit of Truth. Let us then try to be as we were when very small, when we did not know what it meant to tell a lie, or to deceive anyone. Let us ask Him to let us be brave enough always to tell the truth, no matter what it costs us to do so.

7. He is faithful like Jesus; therefore He appreciates the smallest things that we do for Him. He pays more attention to little things than we do, and for the very least sacrifices that we make for His love, He gives us an abundance of joy and merit.

LITTLE WAYS THAT WE MAY SHOW OUR LOVE FOR THE HOLY SPIRIT

Just as we like to gather flowers for Jesus whom we love, and are even more happy when we ourselves are permitted to place them on His altar; so too may we gather flowers to bring to our Divine Guest in our heart, and there decorate His temple. The flowers that we can bring will be more dear to Him than the most beautiful ones that grow in any garden, for they will be the little sacrifices that we make for His sake, the little things that we find hard to do, but which we make ourselves do just for love of Him. Every little act done during the

day, no matter how small and unimportant it is,—our study, our obedience, our silence, our work, our little heart-aches, our little acts of kindness,—all if done or suffered for love of God, will be fragrant blossoms to give Him when night comes. Let us bring Him a bouquet of these precious flowers each day, and laying them before Him, beg Him to make us love Him more and more.

Let us try to console Him for all the insults that He receives from so many who drive Him out of their hearts by committing mortal sin, or who never think of Him nor of all that He does for them.

Let us say His Name in our prayers with greater reverence.

Since Monday is His day, let us try to do more for Him then. Can we not give Him little surprises by gladly making some little sacrifice, by keeping silence in the classroom better, by doing some kind act for our neighbor at home or at school?

We can draw others to love Him more by telling them of His wonderful gifts, by encouraging them to ask for His help. When we see our companions having a hard time to learn their lessons, let us suggest to them to call on the Holy Spirit, for He is the most wonderful Teacher.

By thus loving and worshipping the Holy Ghost we will greatly please Jesus

and our Eternal Father, whose dearest wish is that the Holy Spirit be greatly loved and honored.

By being devoted to Him, we shall find it easy to pray; we shall like to go to Holy Mass, and to visit Jesus in the Blessed Sacrament every time that we can. He will teach us how to pray. He will fill our heart with the same wonderful joy that He gave to the Apostles, and He will make it also easy for us to be good.

Above all, He will lead us to Jesus, teach us to know Him better, help us to imitate Him, and make us love Him more and more.

Therefore, let us try to make others know and love the Holy Spirit better, by being ourselves His loving, grateful children.

“O Holy Spirit, sweet Guest of my soul, remain with me, and grant that I may ever remain with Thee.”

(300 days each time, Pope Benedict XV.)

Our Lady of Light, Spouse of the Holy Ghost, pray for us.

St. Joseph, faithful lover of the Holy Spirit, intercede for us.

OFFERING TO THE HOLY GHOST

On my knees, before the multitude of heavenly witnesses, I offer myself, soul and body, to Thee, Eternal Spirit of God! I adore Thee, great God, and acknowledge Thy dominion over me.

Thou art the light and the strength of my soul. In Thee I live and move and have my being. I desire never to grieve Thee by unfaithfulness to grace, and I pray with all my heart to be kept from the smallest sin against Thee. Make me faithful in every thought, and grant that I may always listen to Thy voice, watch for Thy light, and follow Thy gracious inspirations. I cling to Thee, and give myself to Thee, and ask Thee, by Thy compassion to watch over me in my weakness. Holding the pierced Feet of Jesus, and looking at His five Wounds, trusting in His Precious Blood, and adoring His Sacred Heart, lacerated for love of me, I implore Thee, Holy Spirit, Helper of my infirmity, so to keep me in Thy grace that I may never sin against Thee with the sin which Thou canst not forgive. Give me grace, O Holy Ghost, Spirit of the Father and the Son, to say to Thee, always and everywhere, "Speak, Lord, for Thy servant heareth."

PRAYER FOR THE GIFTS OF THE HOLY GHOST

O God, who givest Thy gifts to whom Thou wilt and as Thou wilt, illumine with Thy light the darkness of Thy faithful servants.

Descend upon us, Spirit of Wisdom, teach us to know true happiness and the means to obtain it.

Descend upon us, O Spirit of Intelligence, and so penetrate us that we may understand all the mysteries of our holy religion.

Descend upon us, Spirit of Counsel, make us understand what we must do to accomplish Thy divine Will.

Descend upon us, Spirit of Fortitude, and so attach us to God and our duties that His Divine law may be the rule of our life.

Descend upon us, Spirit of Knowledge, Thou alone canst aid us to know God and ourselves.

Descend upon us, Spirit of Piety, and make us accomplish with meekness and joy all that is pleasing to God.

Descend upon us, O Spirit of the Fear of the Lord, and aid us to avoid with

faithful care, all that displeases our Heavenly Father.

Glory to the Father Eternal, to the Son, and to the Holy Ghost, who livest and reignest ever, world without end. Amen.

Bless us, O Lord, with Thy most precious benedictions, that Thy Holy Spirit may direct, animate, and sanctify our whole lives.

PRAYER FOR THE TWELVE FRUITS OF THE HOLY GHOST

Heavenly Spirit, make us persevere in the service of God, and enable us to act on all occasions with goodness, and benignity, patience, charity and joy, longanimity, mildness and fidelity. Let the heavenly virtues of peace, modesty, continency and chastity adorn the temples Thou hast chosen for Thy abode. O Spirit of Holiness by Thy all-powerful grace preserve us from the misfortune of sin. Amen.

TO OUR LADY OF LIGHT

Our Lady of Light, Spouse of the Holy Ghost,
I give thee my whole self, soul and body,
All that I have or may have, to keep for
Jesus, that I may be His for evermore.

Adapted principally from the following books: "Doctrinal Notes," by Reverend F. W. Faber; "The Gift of Pentecost," by Reverend M. Meschler, S.J.; "God Within Us," by Reverend R. Plus, S. J.; "Spiritual Doctrine," by Reverend L. Lallemand, S. J.; "The Teachings of the Holy Catholic Church," by the Most Reverend S. B. Smith, D. D.

