



June 2019 Notes

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Come, Holy Spirit, Come . . . fill the hearts of your daughters and kindle within us the fire of Your love.

Trinity is representative of the Family

- Man loves the woman so much . . . that from that love comes forth another person (their child).
- Satan's strongest attacks will be upon those things that reflect the beauty of the Trinity.
 - He will attack or make a mockery of marriage, sexuality, pregnancy, and/or children.
- Why does Satan wish to attack these areas?
 - The domestic church . . . a mother and father and their children have been the foundation of all human life since the beginning of human existence.
 - We have an Advocate!

The role of the Holy Spirit in our life

- He helps us to pray "Come, Holy Spirit, Come"
- St. Teresa of Avilla beginning her prayer with those words impacted the depth of her prayer.
- "In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings." Romans 8:26
- He gives us gifts!!!!
 - "The spirit of the LORD shall rest upon her: a spirit of wisdom and of understanding, a spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD" Isaiah 11:2
 - Gifts are given in Baptism=Membership . . . Gifts are strengthened in Confirmation = Mission
 - Take Inventory: what gifts are strongest and which gifts do you desire more of?

Gifts of the Holy Spirit

- Wisdom - seeing through the eyes of God and falling in love with the things that God loves.
 - "When our eyes are illumined by the Spirit, they open to contemplate God, in the beauty of nature and in the grandeur of the cosmos, and they lead us to discover how everything speaks to us about Him and His love. All of this arouses in us great wonder and a profound sense of gratitude." Pope Francis
- Knowledge - A gift that illuminates the action of the Holy Spirit. It perfects our virtue of faith and gives us knowledge of created things in their relation to God.
 - "I have come to rate all as loss in the light of the surpassing knowledge of my Lord Jesus Christ. For His sake, I have forfeited everything; I have accounted all else rubbish so that Christ may be my wealth," (Phil 3:8-9).
- Understanding - deeper insight and penetration of the truths of our faith that give illumination, for a deeper relationship with our Lord.
 - Hands of Jesus . . . baby hands of Jesus. Feet of Jesus . . . baby feet of Jesus

- Counsel – giving sound advice to yourself and others
 - “When they hand you over, do not worry about what you will say or how you will say it. When the hour comes, you will be given what you are to say. You yourselves will not be the speakers; the Spirit of your Father will be speaking in you” (Mt 10:18-20).
- Fortitude – standing up for what’s right or doing what is right no matter the difficulty, length of time or suffering endured.
 - Martyrs exemplify this: Story of Blessed Charles Lwanga
- Piety – recognizing and being called to honor the sacred.
 - "All who are led by the spirit of God are sons of God. You did not receive a spirit of slavery leading you back into fear, but a spirit of adoption through which we cry out, 'Abba!' (Daddy!). (Rom 8:14-15).
- Fear of the Lord – loving God so much and your fear disappointing Him.
 - St. Zelig (mom of St. Therese of Lisieux)

How to increase the Gifts within us

- Strength and nourishment of the Holy Eucharist
 - St. John Chrysostom said, upon receiving holy Communion, “Let us return from that table as lions breathing fire, terrible to the devil,” meaning to go forth not with fear, but with hearts afire with the love of the Lord Himself.
- Keep our Foundations Strong:
 - Minimum 10 minutes of prayer daily (no matter how dry or how tired or busy you are)
 - Church on Sundays
 - Regular confession and/or examination of conscience (see back of sheet).
- Ask for illumination of things keeping us bound (www.heartofthefather.com)
 - “We destroy arguments and every proud obstacle to the knowledge of God, and take every thought captive to obey Christ.” 2 Corinthians 10:5
Common lies told by Satan we believe: I am alone, I am a bad mom, I am not worthy, God is not there, God will not forgive me, I do not matter, I must do it all myself, God is not in control, I will never find a husband, I am a victim, I am worthless, I am unlovable, what I want doesn’t matter.
Common spirits that keep us bound: Unforgiveness, anger, pride, insecurity, fear of rejection, depression, hopelessness, despair, perfectionism, laziness, tiredness, weakness, lust, fornication, religiosity, doubt, isolation, envy, selfishness, infirmity, purposelessness, aimlessness, self-condemnation, shame, guilt, humiliation, control, anxiety, frustration, confusion, abandonment, fatherlessness, condemnation, grief, failure, and occult (Ouija board, palm reading, etc.)
You speak this OUT LOUD (in a private location):
 - 1) By the authority of my baptism . . .
 - 2) In the Name of Jesus . . .
 - 3) I renounce the spirit/lie of _____ (see above)
 - 4) and command it to leave me right now.
 - 5) I praise you Father and ask Your blessing upon me.”
- **Ask for an outpouring**
 - If you are not baptized or confirmed . . . please email me so I may assist you (maryjo@buildingthroughhim.com)

“With gifts and qualities such as these, we are equal to any task and capable of overcoming any difficulties.”

St. John Paul II