

PARISH FAMILY ABLAZE (1-5-20)

THE ANIMA CHRISTI

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within Your wounds hide me.

Never permit me to be parted from You.

From the evil Enemy defend me.

At the hour of my death call me and bid me come to You,
that with Your Saints I may praise You for age upon age. Amen.

LIFE IN THE HOLY SPIRIT

- I. By the action of the Holy Spirit, we are sanctified by grace for:
 - A. Christian Initiation:
 1. Re-birth in Baptism “by water and the Holy Spirit”
 2. Strength in Confirmation: “Be sealed with the gift of the Holy Spirit.”
 3. Nourishment in the Eucharist—Christ’s Flesh, Blood, and Spirit
 - B. Healing:
 1. Reconciliation (God “sent the Holy Spirit among us for the forgiveness of sins”—Absolution in the Rite of Penance)
 2. Anointing of the Sick—healing for us and others by firmly uniting our wounds to Christ’s wounds on the Cross
 - C. Service of Communion and Mission:
 1. Holy Matrimony: “Send down on them the grace of the Holy Spirit and pour Your love into their hearts, that they may remain faithful in the Marriage covenant” (Roman Missal, “Nuptial Blessing”).
 2. Holy Orders
- II. In the Sacraments, God the Father gives us His Love through His Son in the Divine Person of the Holy Spirit:
 - A. The mutual Love of the Father and the Son is given to us through a “single spiration”—The Holy Spirit “proceeds from the Father and the Son” (Filioque).
 - B. As the eternal will, or love, of God, the Holy Spirit reveals love in:
 1. Creation (Nature)/Re-creation (Grace)—“Creator Spirit”
 2. Truth—“Spirit of Truth”
 3. Sanctification—our cooperation with the Holy Spirit in grace (our experience of love in truth—Holy Communion)
 4. Divinization—becoming more and more like God until
 - a. One’s soul is perfected for participation in eternal life (heaven)
 - b. One’s body is spiritualized (resurrection of the body)

TABLE TALK QUESTIONS

- I. What Gospel stories surrounding the conception and nativity of Christ reveal the activity of the Holy Spirit? What does this activity reveal about God?
- II. Why does the One God in infinite nature, substance, and essence nonetheless reveal Himself at times to us as the Third Divine Person, the Holy Spirit?

SACRED SEVEN QUESTIONS

- ___ 1. We assert that the One God is really three distinct divine persons.
- ___ 2. The Holy Spirit did not come into existence until the Father began to love the Son, and the Son returned this love to the Father.
- ___ 3. Only a man can reflect God the Father in his life.
- ___ 4. If a woman were ordained by a bishop, she would be able, by the power of the Holy Spirit, to absolve sin and to change bread and wine in the Body and Blood of Christ.
- ___ 5. Jesus gave the power to absolve sins to His Apostles at the Last Supper.
- ___ 6. For a Catholic to be considered married by Christ and His Church, he or she must have a sacramental marriage.
- ___ 7. If a person is very spiritual, then this person must most certainly be holy.

MISSION

- I. Morning Prayer: "Renewal of Baptismal Promises," "Angel of God," "Glory Be"
- II. Mental Prayer During the Day (15-30 minutes):
 - A. The Rosary
 - B. Journal Meditation:
 1. 5-10 Minutes of Scriptural or spiritual reading
 2. 5-10 Minutes writing to either the Father, Son, or Holy Spirit
 3. 5-10 Minutes recording what you believe God is saying to you
- III. Examination of Conscience and Act of Contrition:
 - A. Am I careful to ensure that I know and love God well enough to understand clearly what is sinful and what is holy, to know what harms and deadens my soul and what heals and enlivens my soul?
 - B. Do I examine my conscience each day and make a sincere Act of Contrition? Do I have access to a copy of an Examination of Conscience appropriate for my age and for use when necessary?
 - C. Have I make a firm commitment to remain in a state of grace by confessing mortal sins as soon as possible and before receiving Holy Communion so that the life of the Holy Spirit may remain in me?

