



Lord Jesus, maybe it's a bit hard for me to pray directly to the Holy Spirit—I guess I'm not quite sure how to relate with him. Yet I know he's present in the stillness and the quiet as well as in the midst of the storm.

Lord, I know you want to give me your Spirit as you gave it to your apostles after the resurrection: *When he had said this, he breathed on them and said to them, "Receive the Holy Spirit."* (John 20:22) Your Holy Spirit is breath, he is life! Your grace is so simple and so hidden it's like breathing. So often I don't realize that I'm breathing, yet there's nothing more essential. With your breath you give me life.

Thank you, Holy Spirit, for my relationship with Jesus. He's everything for me. I know that without you it would be impossible—I need you! *No one can say, "Jesus is Lord" except by the Holy Spirit.* (1 Corinthians 12:3)

You brought fire, wind, power, as you sent the apostles out to all peoples after Pentecost. You set their hearts on fire. Inflame my heart! Give me a passionate love for Jesus and for souls. Please, guide every step I take and every choice I make so that others may be drawn to you. Inspire my words, speak through me—my own words are empty unless you use them to breathe forth the only Word that matters.

Give me strength on this journey towards heaven. On my own I'm too weak and get distracted with so many things along the path. May I receive you as Mary did and, waiting in prayer with her, treasure every instant as a chance to discover your presence.

And in my last moment on earth, raise me with your power and breathe into my stillness the new life you share with Jesus and the Father.

*The spirit of God has made me, and the breath of the Almighty gives me life.* (Job 33:4)