

Session 5 – New Life in the Spirit

New Life in the Spirit

- ▶ Jesus told his disciples before his Ascension that in a few days they would receive “the promise of the Father”. That “promise of the Father”, proved to be the experience of Pentecost. It was the experience of New Life in the Spirit.
- ▶ This was not the same as the Sacrament of Baptism it was an experience of the Power of the Spirit. The power which would enable them to transform their lives and change the world.
- ▶ That same promise of the Father is made to us today on Pentecost 2025!
- ▶ The prayer we will pray is a yielding to the Spirit, a desire to receive all the blessings and promises and a commitment to cooperate with the Spirit and to properly use all His gifts.
- ▶ This is the beginning in your New Life in the Spirit. It will continue to be a part of your life.
- ▶ If nurtured, it will lead to an increasing awareness of the Spirit’s direction and gifts.
- ▶ It will help you in your personal, spiritual and psychological growth.
- ▶ It will enable you to better fulfill your part in the work of the Body of Christ.
- ▶ You are receiving this New Life in the Spirit for a reason.
- ▶ Receiving New Life in the Spirit is a lifetime movement of the Spirit in our lives.

Things we can do to foster the Spirit’s transforming power in our lives.

- ▶ Maintain a daily personal prayer time.
- ▶ Regular reception of Reconciliation and Eucharist
- ▶ Adoration offered at St. George’s on the first Thursday and Friday of the month.
- ▶ Join activities in your faith community to stay connected to the church.
- ▶ Continue to use the gifts of the Spirit we received and seek others the Spirit may want to give us.
- ▶ Prayerfully reflecting on Scripture enables the Word of God to have a transforming effect on our lives.

Yielding to the Baptism of the Spirit

- ▶ Remember it is God who is granting you this experience.
- ▶ It does not depend on who; there is nothing special about who is praying for you, what prayer is said; there is nothing special you must do.
- ▶ God desires that you would experience the Spirit's power; it is simply a matter of being open, removing any obstacles and yielding.
- ▶ Everyone has their own personal experience of the power of the Holy Spirit.
- ▶ Some have an emotional experience which is normal and part of our humanity.
- ▶ Others have little or no emotions.
- ▶ Your experience should bring you to a deeper awareness of God's presence, love and power.
- ▶ Expect God to touch you with the transforming love of His Holy Spirit.

Commitment Prayer

Jesus, I know now that I am yours and you are mine forever. Thank you for sending your Spirit to me that I might have the power to live this new life with you. Stir up your Spirit in me. Release your Spirit in me. Fill me with your Spirit that I may experience Your presence and power in my life.

That I may find new meaning in the Scriptures.

That I may find new meaning in the sacraments

That I may find delight and comfort in prayer.

That I may be able to love as you love and forgive as you forgive.

That I may discover and use the gifts you give me for the life of the Church.

That I may experience the peace and the joy that you have promised.

Fill me with Your Spirit, Jesus. I wish to receive all that you have to give to me.

Amen