

## How to Pray in the Power of the Holy Spirit

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Good News Ministries

Here is an opportunity to get your questions about prayer. Life in the Holy Spirit is meant to include a powerful prayer life that truly makes a difference. Why settle for a mediocre faith? Miracles are not meant to be elusive.

This video course is not for everybody. It's designed for those who have a real desire to grow stronger in faith and make a bigger difference in the world as a result of this growth.

### Introduction

Do you have prayer power? Do you have the ability to pray and make a difference? Do you have the ability to pray and see the supernatural?

Hi, I'm Terry Modica from Good News Ministries. And the answer to that question is: No, you don't. I don't either because only God has that kind of power. We are called to be prayer warriors, to be prayer intercessors. We are called to have a prayer life because this prayer life connects us to God. We need to have - in order for the supernatural to happen through our prayer life - a close, personal, alive, active relationship with the Holy Spirit.

First, we have to have a relationship with Jesus Christ because he is our Savior. He died for us. He rose from death and ascended into Heaven and takes us with him if we want to follow him.

But it is the Holy Spirit who is Part 2 of the Christian life. Because Jesus said that he gives us his Holy Spirit. We've all been called to have Part 2 in that relationship with Jesus because it is the Holy Spirit of Christ who helps us to live out the teachings of Christ. It is the Holy Spirit of Christ who helps us to have the kind of prayer and have the kind of effect on this world that followers of Christ are supposed to have.

Take a look at what the Book of Acts says is normal Christian living. What happened in the early Church is meant to be the Church of all time. God doesn't change. Pay attention to how many times the Holy Spirit's name comes up in Mass of the Catholic Church, in the Scriptures, the prayers of the Church. The Holy Spirit is named very often - all the time - because that is key to having a successful and powerful prayer life.

So I pray, in the name of Jesus, with the power of the Holy Spirit, that you, my friend, will come to know the Holy Spirit more than you ever have before. And it begins with your prayer. First, "Lord Jesus, I want You to be my Lord and Savior. Without you, I cannot get to heaven." And then, "Holy Spirit, I want you to be my holiness. I want you to teach me how to be holy. And I want you to fill me, renew me, fill me to over-flowing. Set your fire alive in me."

Because it is the power of the Holy Spirit, my friend, who purifies us and helps us to live the saintly life that we are called to be, because Christians are no longer sinners. We are saints. Yes, we do sin because we have not fully entered into our sainthood. But the Holy Spirit is the one who helps us with that every day.

God bless you.

## Session #1

### Getting Connected to the Holy Spirit

How do you know if you're truly listening to the Holy Spirit? How do you know if the Holy Spirit is truly listening to you? Here's how to get connected.

One of the most basic questions that most people have about a relationship with the Holy Spirit and their prayer life is: How do I know whether I'm really listening to the Holy Spirit or not? Or, how do I know the Holy Spirit is really listening to me? What this question boils down to is: How do I know I'm truly connected to the Holy Spirit?

Well, the answer is simply we don't try. We don't try to get ourselves connected because it's not our effort that matters. Yes, we do have to put effort into it. But what matters is the Holy Spirit's effort. You see, we need to understand the Holy Spirit wants to connect with us more than we want to connect with the Holy Spirit. The Holy Spirit is ready. The Holy Spirit was given to us when we were baptized and it was confirmed that we have Holy Spirit in the sacrament of Confirmation.

So we need to trust that, and that's what having a life in the Holy Spirit is really all about. Trust. And with that trust, or what enables that trust, is surrender. Total surrender. A good prayer to start every day with is: "Holy Spirit, renew me. Holy Spirit, you have my permission to change me." It's as simple as that. "Holy Spirit, renew me. Holy Spirit, you have my permission to change me."

And even if there's part of you that does not really want to be changed because, hey, we all have that sinful part of us that says I'm in charge of my life, not God. I want things to be the way I want them to be. In other words, I don't really want to change. There are certain parts of my life I want changed and it's usually the other person. I want somebody else to love me better, or I want somebody to hire me, or whatever. But true prayer that's truly connected to the Holy Spirit begins with: Change me. And if we give the Holy Spirit just even a small desire to be changed and the rest of us really is resisting that, hey all the Holy Spirit needs is that little bit and he'll run with it.

I learned that several years ago when I went to confession, and I really did not want to change. I really did not want to repent. I was angry at somebody and it, by golly, was justified anger. And if I too easily forgave, too quickly forgave, that person was just going to continue on his ways that were wrong. And I was angry at what he was doing wrong. And, you know, I wanted to be angry. It was justified anger. At least that's how it began.

But the priest asked me, "Are you willing to forgive him?" And I wanted to say, "Not yet! Not until he does what he's supposed to do. Not till he changes." But I very feebly nodded my head, and the priest said, "That's all God needs. That little bit is all God needs."

And he continued with the prayers of Absolution and I left that confessional changed. I was light-hearted. I was free of the chains of unforgiveness. And yes, I still wanted that other person to change in the way that needed to be changed, but I was no longer caught up and trapped by the emotions of anger over it.

Whatever you need to surrender, there's more to surrender than you realize. Because we need to totally - totally - give ourselves over to the Holy Spirit and let the Holy Spirit take charge. Give a little bit, just give the littlest, or the greatest even if it is little, bit of your willingness to surrender, and the Holy Spirit will run with that.

"Holy Spirit, renew me. Holy Spirit, you have my permission to change me." That, my friend, is the beginning of a prayer life that is filled much more with the power of the Holy Spirit.

God bless you.

### **Reflection Questions:**

What do you do to connect to God? What works best for you — in your daily life and on special occasions when you have been most keenly aware of the Holy Spirit?

## **Session #2**

### **Believe it: God cares!**

What comes between us and the power of the Holy Spirit? It usually boils down to this: We're not totally convinced that God truly cares about us. Here's why, and here's a spiritual exercise for a breakthrough.

There are many things that come between us and the Holy Spirit and the Holy Spirit's power and the Holy Spirit's activity in our lives. There are many things that hold us back from all that God wants to give us and do in us and through us. And the most basic of it, the root of it, from which everything else comes, everything else that prevents us from having the closeness to the Holy Spirit and the fullness of the Holy Spirit that we're called to have. It boils down to this:

We are not totally convinced that God really, really cares about us. We are not deep down believing that what we want really matters to God, because we've been projecting onto God what humans have been and done in our lives, especially the authority figures in our lives,

starting with our parents (for example, if your father was absent from the home through death, divorce, work -- and I mean by work, I mean a lot of work, like traveling). We grow up feeling that God the Father is distant. We project our human father's distance from us onto God the Father.

Well, this works in many different ways. We project onto the Holy Spirit human limitations.

So right now, what I'd like to do is help you begin a spiritual exercise in opening yourself more to the immense love of the Holy Spirit. Spend today (and make this a spiritual practice for every day) thinking about, reflecting about how much God is delighted in you. Yes, delighted!

Of course, he knows your sins. Of course, he knows your imperfections. Of course, he knows your faults better than you do. That's not the only thing that he's looking at. He's looking at the good that you do. He's looking at his own reflection in you. The goodness in you is God himself, and God is resonating with himself that is in you. God the Holy Spirit is delighted in you and is filling you with good things and is filling you with joy and wants to release in you everything that God has in mind for you.

Jesus said in John 14:12 that if you believe in Me, if you follow Me, if you make Me the Lord of your life, you will do the things that I do and even greater things. To have this, we need to be fully alive and surrendered to the Holy Spirit. To do that, we need to know that the Holy Spirit is delighted in us. So look around. Look around and pay attention to all the ways that God is saying, "I love you. I care about you. I delight in doing good things for you."

For example, what is the beauty in nature that God has placed around you? God is with you. God is giving you treats every day. Take, for example, you walk down a lane, walk down a path, and you see the light of the sun shining through the greenery. This is God putting things on display for you. This is God giving you something enjoyable to look at, to bless your day, and to connect you closer to him, because he cares about you so much. He loves you that much that he gives you beautiful things to look at.

Yes, my friend, God delights in you. Pay attention to all the ways that he's revealing that: every little thing that goes right, every little thing and every big thing that reveals God's hand at work, that shows that his timing got involved in something. And let the Holy Spirit speak to you about how much he cares about you and how much God is trying to reveal that to you through the things around you and the circumstances.

Come, Holy Spirit, renew us. Come Holy Spirit, You have our permission to change us. Amen.

### **Reflection Questions:**

Thinking about the spiritual exercise in today's session, how can it increase and sustain your prayer life? And how does meditating on "God delights in you!" reveal the Holy Spirit's desire to be in communion with you in your prayers?

## Session #3

### How surrendering helps our prayer life

One of the supernatural manifestations of the Holy Spirit is the gift of tongues. What's the purpose for it? How does it help us to experience more of the Holy Spirit's power and help?

Now I'd like to talk to you about some of the manifestations that are supernatural that come from the Holy Spirit. These are manifestations that are described in Scripture and were very common to the first Christians as we can see from the Book of Acts. Read the Book of Acts and look at it from the point of view of: This is normal Christian living and this is what we are supposed to be living today.

The Holy Spirit manifests the power of God in ways such as speaking in tongues and praying in tongues. Tongues is all about surrendering. It is a sign that we are surrendering again to the Holy Spirit. We are saying, "Come, Holy Spirit, renew me. Come, Holy Spirit, you have my permission to change me."

In effect, that's what we are saying with the gift of tongues. The gift of tongues is the Holy Spirit taking over our mouths, but it's not like we're a robot and all of a sudden the Holy Spirit makes sounds come out. It's us choosing to use our mouth in a way that makes no sense to us. That's surrender. We can start out by saying, "Alleluia, Lord. Alleluia. Jesus is Lord. Praise you, Jesus. Alleluia. Alleluia. Alleluia. Alleluia." And from there let the Holy Spirit take over. And it doesn't feel like we've been taken over. It's a surrender.

Even praying in song is meant to be surrender. Praying in song for worship is something that we do with our hearts, not just our voices, in order to connect ourselves more fully to God by surrendering to him. Praise and worship songs are very good at this. We have many good hymns, too. "Amazing Grace." "How Great Thou Art": "O Lord, my God! How great Thou art!" These are songs of surrender, and the more we pay attention to the words and imagine that God is listening to us -- because he is -- the more we use song as a gift that we give to God, the more we are surrendering ourselves to God and connecting to him. And he responds. Every time we surrender to God, God responds to us and fills us more.

A surrendering is a letting go. It is an emptying out and God never wants us to be void inside, empty in any way. So, as we give out in surrender, he pours himself in. He pours his graces in. He pours his love in. He pours his power, he pours his mercy in.

Need to be more patient? Praise God and just enter into praise and worship with the thought on your heart, I would like to have more patience. Holy Spirit, You have my permission to change me. Renew me. And he will pour his patience in. Don't rely on your own ability to be patient. Surrender your impatience to God by surrendering yourself to God in prayer, in song, in tongues, in whatever way works for you. And God will fill the void, fill the emptying out with what we need and what we're seeking, because he wants to -- we're seeking it because he put it on our heart to seek it. He wants to give it to us.

So today and going forward from here, look for ways to spend time surrendering. Frustrated? Worried? Doubtful? Feeling empty? Turn these into prayers of surrendering so that the Holy Spirit will fill you.

**Reflection Questions:**

If you have experienced the gift of tongues, share with a friend how it happened. (This will help those who have not yet experienced it.) What difference has it made to your prayer life? And to your relationship with God?

## Session #4

### Silencing the Inner Self

Are you plagued by distracting thoughts when you try to pray? Here's how to turn the problem into deeper unity with God.

Many people have a problem silencing their inner selves when they want to pray. I think it's a human condition that we all have. My advice from my own experience is: Don't try very hard to silence yourself. Don't tell yourself, "Don't think about how hungry you are" -- because then you think about how hungry you are. Or, "Don't think about how noisy your inner thoughts are", because now you're thinking about how noisy your inner thoughts are.

Again, it's time to surrender to the Lord. And when we try to silence ourselves to hear what the Holy Spirit is saying to us, in order to guide us or to answer our questions, what we need to do is surrender our attempts to control our thoughts. Turn your thoughts over into a song by praising the Lord through song, praying in tongues, or simply the Rosary, the Divine Mercy prayers, the Our Father prayer, or anything that you want to pray. Use the words that come to mind. Use the words that help you feel like you're starting to pray, and then surrender.

Take one word from the song you just sang, the prayer you just said, or maybe from Scripture, and meditate on that one word, such as the word "mercy." Begin to just think about everything that mercy means to you, everything that you've learned about mercy. Or pick up your Bible, pick up your computer, or your tablet, your phone, and connect to the Internet searching for that word in Scripture.

There are Bibles on the Internet that make it very easy to look up a word and find all the different references to that word. Pick one of those references and just meditate on that. As that meditation continues, yes you're starting out with thoughts, you're thinking about what that word means, but then as you pray and use that prayer, "Come, Holy Spirit renew me. Fill me. I have given You my permission again to change me. Help me here, Lord."

At that time, begin to think about how the word "mercy", or whatever word you're meditating on - how it feels. How does it feel to know that God is merciful to you? Spend some time reflecting on that, because now you're beginning to get past the words into something deeper that's beyond words. Think about the feeling of God's mercy. Think about a memory of when you experienced the mercy and how that felt. And sit with that... and sit with that... and sit with that.

And if your thoughts go off in a different direction, go with it. Ask the Holy Spirit to anoint that new direction. Take Jesus with you, in other words, on that journey of distraction, because there might be something there that the Holy Spirit wants to reveal to you in that distracted thought.

And that's another form of surrender. As you travel with the Holy Spirit on the journey of that distraction, you can come up with another word to meditate on. Or you get that out of your system, and you go back to the original word.

And then you sit with that word -- with the feeling. And you just sit with that, and you empty yourself out and imagine how God feels that mercy. Not just: How do you feel mercy? How does God feel mercy? This becomes an interior experience of unity with God. So sit with that: how God feels about mercy. And just sit with that. And sit with that. And sit with that. That's the beginning of immersive prayer that silences our thoughts -- letting the Holy Spirit silence our thoughts. Try that today.

### **Reflection Questions:**

Remember an emotion you recently felt during which you did not pray and you were not aware of the presence of the Holy Spirit. It could be a happy feeling or anger or sadness -- any emotion. Since we were made in the image and likeness of God, we can recognize that he, too, has the same emotion. (Feelings are neither good nor bad; it's what we do with them that might lead to sin, and of course, God never sins, but he has the feelings! And he feels it more keenly than we do.)

Contemplate the idea that Jesus shares the same feeling you've had. How do you feel as you realize that you are united to God through your emotions? If you're comfortable sharing what you are discovering in this, please send in your story so that others may learn from it.

## **Session #5**

### **The Baptism of the Holy Spirit**

In this session, we will cover: What is the Baptism of the Holy Spirit? How is it related to water baptism? What's the purpose for it? Let's find out!

What's the Baptism of the Holy Spirit all about? See, when we were baptized in water, that is a time of drowning our sinful selves -- the selves that were inheriting the original sin from Adam and Eve. This is the time when we become truly and fully adopted as children of God.

In that water baptism, we receive the fullness of God the Father. We receive the fullness of Jesus and his mission. We receive the fullness of the Holy Spirit and the Spirit's power, because it's the Holy Spirit's power and fullness in us that enables us to do the mission of Christ.

Baptism of the Holy Spirit -- when we receive the baptism, whether it's because people prayed over us for it or we have received it because we are praying, "Come, Holy Spirit, renew me; You have my permission to change me" -- when we receive the Baptism of the Holy Spirit, we are surrendering our spirit to the Holy Spirit. We are asking God and letting God activate the fullness of what happened in our water baptism.



It's a time of releasing all that God wants to do in us, to give us, and do through us in this earthly life. We received it in baptism. It was confirmed that we received it when we received the Sacrament of Confirmation.

The Baptism of the Holy Spirit is not a sacrament. It is a prayer. It is a surrender. And it begins simply with saying, "I want to be renewed by You, Holy Spirit. I want to be filled by You, Holy Spirit. Come change me. You have my permission to change me. Fill me. Renew me."

I received the Baptism of the Holy Spirit by "osmosis", as I call it. I was surrounded by people who were alive in the Holy Spirit. Community -- being surrounded by people who are filled with Christ, who are followers of Christ, sincere about it, and are filled with the Spirit of Christ -- this helps us come alive in the Holy Spirit more and stay alive in the Holy Spirit, active in the Holy Spirit.

The gifts of the Holy Spirit, the supernatural gifts that attract many people to prayer meetings, are not really what it's all about. It's proof that something has happened, but it is not the goal. The goal is a life of holiness. The goal is a life of serving, doing the mission of Christ because he has filled us with his Holy Spirit to enable us and empower us and gift us to go out and make a difference.

Think for a moment of the people you know who do not follow Christ, who do not go to church, who don't understand why they should turn their lives over to the Lord and do things his way. What if you could pray over them for a healing, and they got the healing? What if you prayed with them for the job they're seeking, and the next day the job came available. What if the supernatural happened because you prayed with them? Don't you think that's going to get their attention about how God *cares* for them and how powerful God is?

You see, we don't change their minds about what they're doing wrong. We don't change their minds about their need for Jesus and for following Jesus and for going to church. That's the Holy Spirit's job. We need to demonstrate that the Holy Spirit cares and is powerfully able to do it, to do good, to purify our lives.

How purified your life is -- and by that I mean, not just living in holiness, but *being* Jesus for those people that you are worried about. It means you are so taken over by the Spirit of Christ that you make a difference. That he is making a difference in your life. You are peaceful when you should be disturbed. You are joyful when you should be depressed. When people see that, they're seeing the manifestations of the Holy Spirit at work in you. This is what awakens in people a hunger to turn their lives over to God. This is what the Baptism of the Holy Spirit is meant to release in us.

### **Reflection Questions:**

If you have ever been baptized in the Holy Spirit, share how you were changed by the experience. What blessings occurred? How did your life improve? How did *you* improve? Why would you recommend it to others?



## Session #6

### Discerning the Spirit

How do you discern the presence of the Holy Spirit? This is a matter of learning how to tune out the world to pay attention to what God is doing in you and in the environment around you. This means becoming sensitive in a way that is a *paying attention*. It's not difficult. If you feel something in you going: "That's true! This is helping me. That's something I want to act on." -- that's the Holy Spirit being active in you.

We take the Holy Spirit's activity for granted because we don't recognize it, because it feels so familiar. For example, let's say you're at Mass and there's something in the homily that makes a difference. It's like, "I needed to hear that! That's helping me. That's an interesting point." -- That's the Holy Spirit, and you are discerning the Holy Spirit teaching you, speaking to you, opening you up to some spiritual growth.

If you look out the window and you see beautiful nature, if you hear birds singing and you stop to enjoy it, you pay attention to the sound -- that's the Holy Spirit saying, "Look! The world is beautiful. God the Father created this beauty for you to enjoy, and look, you're enjoying it!"

See, that's what the Holy Spirit is saying to you. It's not just you. And yes, even atheists experience this. They don't know it, but atheists are experiencing the Holy Spirit working in them when the atheist says, "Wow, that's beautiful -- that rainbow, that sunset! Oh wow, how beautiful!"

We are always experiencing God because God can't stop. God cannot stop being. God cannot stop doing. God cannot stop sharing. God cannot stop loving. So it is all around us like the air we breathe. Even the breathing -- there's a beautiful song about, "Lord, you are the breath, You are the breath in my lungs".

All of this -- when we pay attention to whatever is good, whatever is lovely, whatever as Philippians 4:8 says is beneficial -- that's us discerning the Holy Spirit.

Now, the next level of that, of course, is: I'm asking a question. I have a doubt that I need an answer to. I have some direction that I'm seeking. I'm asking for the gifts of the Holy Spirit. How do I discern what the Holy Spirit is doing about this?

Again, it boils down to paying attention.

For example, how often have you been wondering about something, and somebody calls you up or knocks on your door *just at that moment*, or texts you a message or a picture on Facebook that speaks to what you were just thinking about. That's the Holy Spirit! There's no such thing as a coincidence. When that happens stop, rest with it, reflect on it, and say, "Yeah, that's the Holy Spirit! I can feel the Holy Spirit!"

When we go from thinking about it to saying, "Okay, how is this the Holy Spirit active? Ahhh! That's how the Holy Spirit is active", that's the Holy Spirit at work in us.

So today and ever afterwards, pay attention and start out by saying each day, "Holy Spirit, renew me. Holy Spirit, fill me. Holy Spirit, you have my permission to change me. Holy Spirit, help me to pay attention to the details of this day and recognize you at work in them." When we do that, we begin to discern the Holy Spirit and *realize* we're discerning the Holy Spirit. But, my friend, let me assure you, you're already discerning the Holy Spirit's activity in your life. If you weren't, you wouldn't be taking this course; you wouldn't be watching this video.

**Reflection Questions:**

How have you noticed the presence or activity of the Holy Spirit? How has this changed your life or the circumstances in which it happened?

## Session #7

### When Praying is Difficult

What happens when you're too tired to pray? Or when you're struggling with a challenge, a difficulty, trouble that's going on? When you've got emotions going of anger or depression or some strong negative emotion? How do we, under those circumstances, discern the presence of the Holy Spirit, hear the Holy Spirit, receive from the Holy Spirit what he wants to give to us?

Well, first of all, those are not the times to really try. The best thing to do in those times is the prayer of surrender, saying, "Lord --" and this is a bit different than the surrender I talked about in another video in this course; it's a surrender of: "Lord, I'm too tired to pray. Take care of the situations that need to be taken care of. Take care of the situations that I'm concerned about."

When we're tired is the wrong time to make a decision. So if we are seeking God's will (as we always should when there's a decision to be made), if we're tired the best way to pray is, "Lord, I'm just going to go to sleep tonight. I'm just going to take a nap. I'm just going to rest. I'm just going to go away on a little getaway vacation. I'm just going to go out for a walk in nature." (Whatever's going to restore us.) "I'm just going to go do that and take care of my tiredness. Help me to be re-energized. Help me to be restored, and You take care of everything else. Help me to know after I'm rested what the answer to this is, what decision I should make."

And then you let it go. Don't try to make the decision at that time. Don't try to figure out the puzzle at that time. Don't try to figure out what to do in something that's disturbing you at that time. Don't try to figure out how to win an argument at that time.

Same thing when the emotions are strong, especially when they're negative emotions. It's a prayer of: "Lord, I'm angry right now. I'm really upset." Or whatever the emotion -- insert your emotion here. "Lord, I am really frustrated. This is not a time for me to know what good things You're telling me, because this is how I feel. It's an honest how I feel. I maybe shouldn't be feeling this way, but this is how I feel. Lord, just do something about it. Help!"

And if you can get this far along in that "Help!" say, "Holy Spirit, renew me. Holy Spirit, fill me. Holy Spirit, you have my permission to change me. I want to be angry, but that's okay; you have my permission to change me."

And then you go on to do what you can to get yourself to a place of resting, a place of getting away from what triggered those powerful emotions. Go sit by yourself someplace. Sometimes the bathroom is a good place for that, because nobody's going to follow you there. And just rest, waiting for the Lord to work in you so that you're ready to hear again. Just rest. Don't beat yourself up for not being able to tune into the Holy Spirit and understand what he's trying to help you with right now. Just rest. Just go someplace to where you can put those emotions aside and rest.

Then let the renewal begin again. Then trust God during -- and "during" is like a letting go of: "I'm not going to worry how he's going to work this out, but God's here somehow." And a letting go of: "Here's what I want you to do about this, Lord." And just trusting that God's doing something, and it's good. And eventually you'll get to the place where he reveals it, and you're open to it. Cut yourself a break, because God is.

### **Reflection Questions:**

Often we are our own worst enemies. We push ahead when we should slow down, sit down, and rest. We push to win an argument or we push our tired-bad moods onto others, causing them to react. Tiredness interferes with the soft voice of the Holy Spirit gently nudging us to back off, stop trying, and simply trust the Lord to take care of matters while we're resting. What in today's lesson is most comforting to you?

## **Session #8**

### **Praying with Scripture**

One of the most powerful ways to pray is by using scripture. God's Word is all powerful, always.

In praying in the power of Holy Spirit, scripture can be very useful. There is nothing more powerful than the Word of God.

The Word of God! We have in our hands the Word of God. And what God says, happens. It's like, God spoke and it came into being (from Genesis). It's God's Word! There is no lie in it. There is no falsehood. There is no powerlessness in it. Whatever God says never comes back to him void. That means that God's Word always bears fruit. Always.

For example, we have here in Colossians Chapter 1, starting with verse 9, something called (subtitled), "The Prayer of Continued Progress." So, let's say that you know somebody who is not making any progress in their spiritual life. They've stopped going to church, for example. The scripture can become a prayer in order to have power in your prayer life. So I'll read it first the way it's written, and then I'll read it to show you, as an example, how it becomes a prayer.

"Therefore, from the day we heard this, we did not cease praying for you and asking that you be filled with the knowledge of his will, through all spiritual wisdom and understanding, to live in a manner worthy of the Lord, so as to be fully pleasing in every good work, bearing fruit and growing in the knowledge of God, strengthened with every power, in accordance with this glorious might, for all endurance and patience, with joy."

This is a loaded scripture, my friend. For example, if you are feeling a lack of joy in your life, you can pray this scripture for yourself. Especially this verse asking for endurance and patience with joy. But right now I'd like to share with you a way to pray it for somebody else.

"Come, Holy Spirit, fill me. Renew me." -- It's always a good place to start. -- "Come, Holy Spirit, fill me, renew me, and help me to pray in Your Spirit, in the power of Your Spirit, for this loved one."

Okay, then the prayer goes like this -- or in whatever way you want to do it. As you are reading it and praying it, whatever words come to your mind to adapt it to your circumstances or the circumstances that you're praying for, that's the Holy Spirit at work in you.

"I do not cease praying, asking that this person that I'm praying for will be filled through all spiritual wisdom and understanding. Holy Spirit, renew them. Fill them with Your spiritual understanding and wisdom to live in a manner worthy of the Lord. Lord, whatever is blocking them from living in a manner that is worthy of You, pull that rug out from underneath them. Pull that block away. Break through that. In every good work bearing and growing in the knowledge of God. Lord, produce Your good works in this person and help them to produce good works that glorify You, and use that, Holy Spirit, to help them feel more connected to You."

The point is: We can use the Word of God. We've been given the Word of God to use in prayer, because it is the Word of God. And when we speak it out loud, turning it into a prayer, we are unifying ourselves with God, because we're unifying ourselves with the Word of God. We're unifying the situation we're coming in prayer with the Word of God. There's a lot of power in that.

But don't be discouraged if you don't see something happening right away. Because true prayer that releases the power of the Holy Spirit is us surrendering to God our own will for how quickly and in what ways our prayer requests should be answered, and we're letting *him* do what *he* knows is best in the timing he knows is best.

He will do something. He cannot not act. He cannot stop loving. He cannot stop caring. It's absolutely impossible – totally, completely impossible. So, when we get discouraged, as we see a lack of results to our prayers, then we need to not look at the evidence that we're looking at. We need to look instead at what God's Word says about it. We are his instruments of his Word going out, and it can't not make a difference. It *has* to make a difference.

Meditate on that.

### **Reflection Questions:**

How does listening to the music video build up your confidence in your relationship with the Lord? Why is music good at connecting you to the Holy Spirit?

Scripture spoken out loud is music to the soul. Many scriptures were originally written as lyrics, especially the Psalms. Why does using scripture for finding words to pray make a difference?

What is your favorite scripture? How can you (or how *have* you) made a prayer from it?

## Session #9

### The 3 Ingredients of a Miracle

There are three important ingredients for obtaining a miracle. This session explains what they are and why.

We can't talk about praying in the power of the Holy Spirit without talking about miracles. There are three ingredients to obtaining a miracle. The first is praise and worship. The second is community. And the third is obedience. I'm going to touch on each of those now.

First of all, praise and worship – singing, praising, praising the Lord in worship, which is best done through song – it is most fully done through song. It goes deepest into us if we are singing our hearts out, so to speak. If we are singing because we are truly wanting to praise God and the words of the song are meaningful to us, because we're paying attention to the words and the meaning for our own lives or for the situation about which we're praying. Praise and worship like this opens us up to the power of the Holy Spirit. It connects our spirit to Heaven. It connects our spirit to the glory of God. It connects our spirit to the power of God. It connects our spirit to everything that is of God.

And when we are surrounded by an environment of praise and worship with community – that's the second important ingredient: with community. When the praise and worship is done with a community praying with us, praising with us, singing with us – the people who are on earth who are believers and who are alive in their faith are part of the Communion of Saints that help us to come fully alive in the Holy Spirit, and help us to come fully available to the miracle power of God.

Most of the time, miracles do not happen outside of community through an individual encounter one-on-one with God. Sometimes they do. He can, of course, do it any way he wants. But when we are getting our spirits right by connecting, when we are getting our spirits fully connected to the Holy Spirit to praise and worship in the atmosphere of a community of believers, then we are able to be even more connected to the power of God.

And the third ingredient is obedience. How many times – think about this – how many times did Jesus in scripture heal somebody and tell them to go and sin no more? Or to go and tell your family, or to go and tell the rabbi in the synagogue, or to go and do something? Peter's mother-in-law, as soon as she was healed (now, that was done within community, notice), but as soon as she was healed, she served. She served Jesus and the disciples and anybody else who was there.

There is always a follow-up. Miracles are not done just for our own benefit or for the benefit of the person for whom we're praying. It is not just done for an individual. It is done for community, and it is done for the world. And that obedience element is not just about not sinning anymore. It's about taking on the mission of Christ, because when we don't take on the mission of Christ, we are sinning. Because we are called, and our baptism empowers us to do this and inaugurates us into doing this. We are called to continue the mission of Christ on earth. And if our miracles don't help us to do that, we're going to either lose the miracle or not get it in the first place. Something is going to be lost for it.

So, praise and worship, within community, and doing whatever God tells us to do in order to achieve the miracle, or in order to stay in the miracle, or to spread the word about the miracle, or to continue the mission of Christ now that we are fully alive again in whatever we were healed from through the miracle.

These are the three things we need to commit to, to do, and let them bless us.

Read the article about the drowned toddler who made a miraculous recovery. This is a true story about a family who are close friends with a member of Good News Ministries.

<http://m.ncregister.com/blog/lchaplin/drowned-toddler-is-making-miraculous-recovery#.WJyDsPLEOJs>

### **Reflection Questions:**

In the article about the drowned toddler, which parts of the story reveal the three ingredients of a miracle named in today's video?

Name a miracle you have experienced or witnessed. Describe how it included each of the three ingredients.

## **Session #10**

### **Praying through hands**

The laying on of hands, which we see a lot of in Scripture, is powerful when we are conduits of the Holy Spirit's power.

One of the ways that is very commonly seen in Scripture that miracles happen -- that the power of God through the Holy Spirit happened -- is by the laying on of hands. Jesus touched the people that he healed, very often. It wasn't necessary, but there was a reason for it. Everybody needs the touch -- physical touch. Babies don't thrive without a lot of being touched, hugged, held by their parents and other caregivers. We all need to be touched. Hugs are so important. We all are designed in our human flesh to be touched. God became one of us to touch us physically. And then he continued his ministry through the disciples, through the apostles, through the baptized. All of us become the hands of Jesus touching others.

Any ministry of touching is a ministry of Jesus. Whether we are helping an elderly person, whether we are babysitting a child, or taking care of our own children and choosing to stay at

home with them to raise them instead of having other people raise them -- all these are ministries of touch. They are very, very valuable. And sometimes when somebody's suffering, we can't fix anything, and all we can do is cry with them and hold them, touch them, show that we care through our touch. See, touch is very important.

So, when Jesus started the ministry of healing by laying hands on people and teaching his disciples to do the same, and when they continued it after the Resurrection and after Pentecost when they fully came into their ministries (read the Book of Acts), how many times did they lay hands on people?

The laying on of hands is how very often we receive the Baptism of the Holy Spirit. It's important, but not necessary, that community is with us and lays hands on us. Laying hands on those that we are praying for is an important part of the healing process because of the physical touch and the caring that's behind that. But also, because we are conduits of the Holy Spirit's power.

When you praise and worship God, in order to become fully connected to the Holy Spirit, praying with our hands up in worship is an important part of that, because we are offering our hands to the touch of God and to become the touch of God. And when we really get into this, we can feel something invisible in our hands -- a power that feels. And the more we praise and worship, and the more we get closely connected to the Holy Spirit, the bigger this feels. And that power is meant to be laid on to other people so that we are conduits of the Holy Spirit.

The only time we're not supposed to do that is if there might be a demon involved in the person for whom we are praying. If the person is influenced by a demon and it has any attachment that's demonic, that demon can pass from that person's body into our hands.

So, the first thing we need to do is to make sure that we are discerning through the gifts of the Holy Spirit -- the Gift of Discernment is an important one to have in any healing ministry or any kind of ministry. And that discernment from the Holy Spirit should help us, and it will if we are tuned into it. It will help us to know whether there's a demon we need to take care of before we lay hands on and pray whatever else we need to pray. And this again is where community comes in very helpful. Community helps us discern these things. We can't discern these things by ourselves because we're too easily tricked, or we're too easily led by our own thoughts, feelings, prejudices, hopes, and so forth.

The power of the Holy Spirit that is in your hands -- get more in touch with this by doing praise and worship in a way that your hands are raised up to heaven and you're open to receiving, your hands are open to receiving all that God wants to give to you.

### **Reflection Questions:**

If you were baptized in the Holy Spirit by the laying on of hands, please describe it. If you have ever received a healing when someone prayed over you with their hands, describe what it was like. If you have prayed for others and felt the power of God in your hands, please describe it. Share your story so that others may be evangelized by it.



## Session #11

### The Power of God

The power of God is much bigger than we can imagine. This power is available through the Catholic Mass. How well we celebrate the Mass affects our connectivity to the Holy Spirit.

I want you to realize, my friend, that as we talk about praying in the power of the Holy Spirit, we're talking about something that is beyond imagining, bigger than we can imagine. The power of God is way bigger than we can imagine ever in our lives. Once we die and get to Heaven, we'll understand it. But right now, we're too limited and the world around us is so limited, we have these prejudices where we limit God.

But God's power created the universe. God's power is bigger than the Big Bang that began the universe that we now live in. God's power is unlimited. God's power is like -- well think of a child playing with dynamite and matches. The Holy Spirit is the fire in the match. Our prayers are holding the dynamite that is God's power. It explodes into all goodness, into all blessings, into all victories, but it's even bigger than that dynamite we can imagine.

When we're in church, the Eucharist -- the power of God that turns bread and wine into the actual Body and Blood of Jesus and the fullness of the presence of Jesus, the power that is in the Word that is preached, the Word that is read in Scripture and preached in the homily, the Word who is Jesus, the power that is in that Word -- is bigger than our lives. It is bigger than our imagination, and it is bigger than the universe.

When we go to church, we are encountering -- to use that analogy, that very poor analogy of dynamite -- we are encountering a minefield of dynamite. And what do we do? We sit there and, (singing with no enthusiasm) "Praise You, Jesus." If the song is about praise, are we singing it with our whole heart? At daily Mass very often the Alleluia that comes right before the Gospel reading goes like this: (with no enthusiasm) "Alleluia. Alleluia." And we reply, (with no enthusiasm) "Alleluia. Alleluia." Hey, even if you're the only person at that Mass going, (with great enthusiasm) "Alleluia! Alleluia!" you're setting an example -- even if they call you nuts -- and you are opening yourself up to the power the Holy Spirit.

What else is happening in Mass that is unleashing the power of God? The Penitential Rite in which we put aside our sins, and we ask God to purify us and to make us holy. The receiving of Jesus in Communion; we're receiving all the power of God in that. So why don't we leave church changed? Why don't we leave church going out and laying hands on people and praying and receiving miracles? Because we are seeing everything boxed in by our little world, and because we are not doing all we can to open ourselves up to the almighty power of God.

We are playing with dynamite. But it's an unfused dynamite if we are not doing everything possible to grow in holiness, to grow in our relationship with the Holy Spirit, to grow in our connection, our connectivity with the Holy Spirit, to grow in our purification, to grow in our awareness of God's love, God's caring, God's beauty, God's awesomeness, God's Word that promises, the scriptures that tell us what God's will is, the scriptures that give us an example of the miracle power that exists out there.

If we choose to live mediocre spiritual lives, we choose to ignore the power of God. That's not what he wants for you, my friend. He has much more power available to you than you can ever realize.

So figure out what is keeping you from being aware of that power, and then go change that. And whatever it takes to figure that out, that's what you need to do. Listen to the videos that I have on the Holy Spirit. Listen to other speakers on the Holy Spirit. Read books about the Holy Spirit. Read the scriptures about what it says about the Holy Spirit. Go to a spiritual director to help you understand what the Holy Spirit is doing in your life. Get to daily Mass; get to Mass as often as possible. Go to the Adoration of the Holy Eucharist where you can just sit there and concentrate on, "Wow! That's the power of God in that little host in that monstrance on the altar. There's infinite power in that." And spend an hour adoring that power.

There's a lot that God wants to do through you and in you, so go learn how to open up to that power. God bless you.

### **Reflection Questions:**

Have you ever had an experience of God's power that illustrates how much bigger God's power is than the illness, the problem, or the conflict that it resolved? Please share it as a testimony so the confidence of others may increase.

## **Session #12**

### **The Plan of God**

You are important to the plan of God. Praying in the power of the Holy Spirit is meaningless unless it changes the world.

Now, in this final session, what I would like to cover is how important you are to the plan of God. The power of the Holy Spirit -- and praying in that power -- is meaningless unless we understand our mission.

What does God want us to do with this power? Yes, the first place, the starting place, is praying for whatever divine help is needed in the situation that we're covering in prayer. But that's just the beginning, because God always has more. God is bigger than we can imagine. His power is more than we can imagine. What's the *more* that he wants to do in your life? What gifts and talents do you have that he has already anointed? What gifts and talents does he want to anoint more? How can that be used for the kingdom of God? That's the key to opening up and receiving and living in and praying in the power of the Holy Spirit.

We are called to continue the mission of Christ on earth -- in the power of the Holy Spirit. Our prayers had better not just be for, "Lord, I need a job. Lord, I need healing. Lord, my loved one that I'm praying for needs this or that." It better be for the bigger world: First of all, our church community (our own home parish community) and then the Church at large, the global Church (and please pray for Good News Ministries), and then the world.

How often do the Church's prayers include prayers for the politicians and governments, the resources to prevent famine, the big things, national-scale things, global-scale things? Just praying those prayers together as a Church isn't enough, because, hey, we're up against a lot of people's free will. Those prayers -- like for example praying for the president of a country or any official who is not following Christ, and we're praying for them to do the will of Christ in that position of authority that they have -- we're working against their free will with those prayers.

So we need to understand that when we are praying for these big national and global issues, we are called to do something about it, not just pray. It doesn't mean we're all called to become politicians and get involved in politics to make a difference. Some are. But it means that we need to come so alive in the Holy Spirit in our lives that people notice there's something different about us, something that they want because it offers something better than what they have.

And we need to evangelize others who are already followers of Jesus, but who are not living in the power of the Holy Spirit. We need to call them, invite them to become fully alive in a relationship with the Holy Spirit that empowers their prayers and empowers their lives to make a difference around them. And when enough of us are doing this, the Church is renewed, the Church is changed by this renewal, and this power of the Holy Spirit spreads even wider, and the world becomes affected by it.

Are you annoyed and dismayed at the immorality around you and what's going on in the world today -- the wars, the politics, the immorality of gay marriage, abortion, moral relativism that has taking over the lives of a lot of people, including good Christians? If these things concern you, then praying in the power of the Holy Spirit includes your openness to make a difference.

"How, Holy Spirit?" (This is the prayer, or something like it in your own words.) "How, Holy Spirit, can You use me? How, Holy Spirit, do You want to use me? Come, Holy Spirit, fill me. Come, Holy Spirit, renew me. Come, Holy Spirit, change me. You have my permission to change me. Come, Holy Spirit, work through me. I want to be Your partner in making a difference in this world."

Alleluia! Amen.

### **Reflection Questions:**

1. How has your prayer life changed as a result of taking this course?
2. What is your mission? How will you move forward in the use of your gifts and talents, skills and experiences to make a difference for Christ with the power of the Holy Spirit?
3. What will you do to help spread the renewal of life in the Holy Spirit so that others may also come alive in the mission of Christ?