



Session 3:

Come Lord Jesus

Practicing The Flow of the Spirit In Us

John Connelly Our Lady of Pentecost Institute Study Notes

Prayer Song: Come Lord Jesus!

Chorus:

**Come Lord Jesus, Come Lord Jesus,
breathing in & breathing out, with your Spirit in me,
breathing in & breathing out, with your Spirit in me,
Come Lord Jesus!**

Verse: 2x

**Breathing in: your Spirit fills me now
Breathing out: I let go to your flow**

Daily Practice:

Come Lord Jesus!

*breathing in & breathing out...
letting go to the flow of your Spirit in me.
+Watching. +Praying. +Resting.*

Reflect on these truths often...

With gratitude I fully accept:

- *being watchful of each inner experience, feeling, thought.
- *the presence of Jesus me.
- *resting in being loved right now.
- *the Holy Spirit working & flowing through me.
- *my life as a prayer of Love & mercy for the salvation of all.
- *Our Fathers Divine Will over all circumstances.



Scriptures: -Be filled with the Spirit -Ephesians 5:18

-In Him we live & move & have our being. -Acts 17:20

-Be still & know that I am God. -Psalm 46:10

-My Peace I leave you; My Peace I give you. -John 14:27

-I will give you rest. -Matthew 11:28-30

The flow of the Spirit is continuous and is always accessed through faith, hope & love. When we call on Jesus & let go... the Spirit is at work in us regardless of our present feelings.

Remember...Our will + God's Will=Holiness. -St Maximilian Kolbe, martyr.

FOR REFLECTION & PRAYER:

Imagine the River flowing from the throne of God & from the Lamb through our lives...

Revelation 22: **1**Then he showed me a river of the water of life, clear as crystal, coming from the throne of God and of the Lamb, **2**in the middle of its street. On either side of the river was the tree of life, bearing twelve kinds of fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations. **3**There will no longer be any curse; and the throne of God and of the Lamb will be in it, and His bond-servants will serve Him; **4**they will see His face, and His name will be on their foreheads. **5**And there will no longer be any night; and they will not have need of the light of a lamp nor the light of the sun, because the Lord God will illumine them; and they will reign forever and ever.

Imagine the atmosphere of Heaven, the supernatural air of the Kingdom, breathing the Breath of God in our daily lives...

"Then the Lord God formed man from the dust of the ground, and **breathed** into his nostrils the breath of life; and the man became a living being." -Genesis 2:7

Then Jesus **breathed** on them and said, "Receive the Holy Spirit." -John 20:22

(Holy Spirit also translates as Holy Breath or Holy Wind.) *Breathe In Me O Holy Spirit* -St Augustine

St. Ignatius Loyola taught us to discern the movements of the "Good Spirit" (Holy) or the "Bad Spirit" (Evil) in our experiences. We do this by being aware of Consolation & Desolation in our daily lives.

Desolation: Feeling out of the flow. Lack of peace, joy, hope.

- Turns us in on ourselves
- Drives us down the spiral ever deeper into our own negative feelings
- Cuts us off from community
- Makes us want to give up on the things that used to be important to us
- Takes over our whole consciousness and crowds out our distant vision
- Covers up all our landmarks (the signs of our journey with God so far)
- Drains us of energy

Consolation: Feeling in the flow. Experiencing peace, joy, hope.

- Directs our focus... beyond ourselves
- Lifts our hearts so that we can see the joys and sorrows of other people
- Bonds us more closely to our human community
- Generates new inspiration and ideas
- Restores balance and refreshes our inner vision
- Shows us where God is active in our lives and where God is leading us
- Releases new energy in us

As we learn to recognize when we are in desolation and consolation, we can respond accordingly changing course (through prayer, community, spiritual direction) when in desolation, and staying the course when in consolation. (Vinita Hampton Wright, IgnatiusSpirituality.com)

