THE DAILY BREAD

The Magnificat of the Beloved



The Holy Spirit

Person, Gifts, Power

A FORMATION BOOK BY

Kendall Peterson

The Everyday Apostle

THE DAILY BREAD

Magnificat of the Beloved

The Holy Spirit

Person, Gifts, and Power

✦ ✦ ✦

A Daily Bread Formation Book

The Everyday Apostle

INTRODUCTION

The Person You Pray To

Many Catholic women pray to the Holy Spirit, saying Come, Holy Spirit, perhaps daily, and yet if asked who the Holy Spirit is, they would struggle to answer. He is the most mysterious of the three Persons of the Trinity, often imagined as a vague force, a feeling, a kind of spiritual energy or warmth, rather than what He actually is, the Third Person of the Trinity, fully God, fully personal, who has dwelt within every baptized woman since her Baptism. A woman who prays to the Holy Spirit deserves to know who she is praying to, what He has placed within her, and how to cooperate with His presence rather than ignore it or mistake it for her own intuition.

This book is about the Holy Spirit, the Person a woman prays to. It will show that the Spirit is not a feeling but a Person, the Third Person of the Trinity, distinct, divine, and personal; His work through the whole of salvation history, from creation to Pentecost to the Church; that He has dwelt within a woman since her Baptism; the seven gifts He has placed within her; the twelve fruits that show a soul yielded to Him; His work as the interior teacher, the Paraclete, the Sanctifier; and what it means to be led by the Spirit rather than by fear, habit, or the expectations of others. The aim is to give a woman a true knowledge of the Holy Spirit, so that the One she prays to is no longer a vague mystery but a known Person who dwells within her and desires to work through her.

I will ask the Father, and he will give you another Helper, to be with you forever, the Spirit of truth. — John 14:16-17

Jesus promised to send another Helper, the Spirit of truth, to be with His people forever, and this Helper is the Holy Spirit, given to dwell within every believer. This book will introduce Him: the Person, not a feeling; His work through salvation history; His indwelling since Baptism; His seven gifts; His twelve fruits; His work as interior teacher; and what it means to be led by Him. A woman who prays Come, Holy Spirit deserves to know the One she is calling upon. This book will help her know Him, the Third Person of the Trinity who has been with her since her Baptism and desires to lead, teach, and transform her from within.

CHAPTER ONE

Not a Feeling but a Person

The Third Person of the Trinity

The first and most important truth about the Holy Spirit is that He is not a feeling, a force, or a vague spiritual energy, but a Person, the Third Person of the Trinity, fully God, distinct, and personal. Understanding that the Holy Spirit is a divine Person and not an impersonal force corrects the most common misunderstanding and opens the way to a true relationship with Him.

The Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things. — John 14:26

Not a Force or a Feeling

The Holy Spirit is often mistaken for an impersonal force, a feeling, or a kind of spiritual energy, but He is none of these, for He is a Person, with intellect and will, not a thing or a power. Many imagine the Holy Spirit as a vague force, a warm feeling, a spiritual energy that God sends, something impersonal and diffuse, but this is a serious misunderstanding, for the Holy Spirit is not an it but a He, not a force but a Person, possessing intellect and will, able to know, love, speak, and act, so that He is personal and not a mere power or feeling. This means a woman must correct the common picture of the Spirit as an impersonal energy and understand Him as a Person, someone to know and relate to rather than a force to be channeled, so that her relationship with the Spirit is personal. The woman who understands the Spirit is not a force or a feeling relates to Him as a Person, correcting the common misunderstanding. Not a force or a feeling, the Holy Spirit is a Person with intellect and will, not an impersonal energy or warmth, so that He is someone to know and relate to rather than a power to be channeled.

Fully God

The Holy Spirit is fully God, the Third Person of the Trinity, equal to the Father and the Son, so that to receive the Spirit is to receive God Himself, not a lesser power sent from God. The Church teaches that the Holy Spirit is fully divine, the Third Person of the Holy Trinity, one in being with the Father and the Son, equally and fully God, not a creature, not a lesser emanation, but God Himself, so that when a woman receives or prays to the Holy Spirit she is receiving and praying to God. This means the Holy Spirit deserves the same adoration and trust as the Father and the Son, for He is fully God, so that a woman relates to Him not as a minor or impersonal aspect of God but as a divine Person, God Himself dwelling and working within her. The woman who understands the Spirit is fully God receives Him as God Himself, adoring and trusting Him as the divine Person He is. Fully God, the Holy Spirit is the Third Person of the Trinity, equal to the Father and the

Son, so that to receive the Spirit is to receive God Himself and to relate to Him as a divine Person.

A Person to Know

Because the Holy Spirit is a divine Person, a woman can and should come to know Him personally, relating to Him, loving Him, and cooperating with Him as she does the Father and the Son. Since the Holy Spirit is a Person and not a force, He can be known, loved, and related to, so that a woman is called not merely to invoke Him as a power but to know Him personally, to relate to Him as a divine friend and guide, to love Him and cooperate with Him, developing a real relationship with the Third Person of the Trinity. This means a woman's life with the Holy Spirit is meant to be personal and relational, a knowing of and relating to a divine Person who dwells within her, so that she comes to know the Spirit as she knows the Father and the Son, in a real and personal relationship. The woman who knows the Spirit as a Person relates to Him personally, loving and cooperating with the divine friend who dwells within her. A Person to know is the Holy Spirit, whom a woman can relate to, love, and cooperate with as a divine friend, so that her life with the Spirit is personal and relational rather than the invoking of a mere power.

CHAPTER TWO

The Spirit Through the Ages

His Work in Salvation History

The Holy Spirit has been at work throughout the whole of salvation history, from the creation of the world through the prophets, the Annunciation, and Pentecost, to the present life of the Church, so that His coming is not new but the continuation of a long and mighty work. Understanding the Spirit's work through salvation history reveals the greatness of the Person who dwells within a woman and the long story of His action in the world.

The Spirit of God was hovering over the face of the waters. — Genesis 1:2

From Creation to the Prophets

The Holy Spirit was at work from the very beginning, hovering over the waters at creation and speaking through the prophets, so that His action runs through the whole of the Old Testament. From the first page of Scripture the Spirit of God is present, hovering over the

waters at creation, giving life, and throughout the history of Israel the same Spirit was at work, inspiring the prophets to speak God's word, raising up leaders, moving in the life of God's people, so that the Holy Spirit was active from creation onward, running through the whole story of the Old Covenant. This means the Holy Spirit is not a latecomer to God's work but has been present and active from the beginning, at creation and through the prophets, so that a woman understands Him as the eternal Spirit who has worked throughout all of salvation history. The woman who sees the Spirit from creation to the prophets understands His long and ancient work, present from the beginning of the world. From creation to the prophets, the Holy Spirit was at work hovering over the waters and speaking through the prophets, so that His action runs through the whole Old Testament and He is present from the beginning of God's work.

The Annunciation and Pentecost

The Holy Spirit worked the two great events at the heart of the New Covenant, overshadowing Mary at the Annunciation so that the Son took flesh, and descending on the Church at Pentecost so that she was born and sent. At the Annunciation, the Holy Spirit overshadowed Mary so that she conceived the Son of God, accomplishing the Incarnation, and at Pentecost the same Spirit descended on the apostles in wind and fire, filling them with power, birthing the Church, and sending her out in mission, so that the Spirit worked the two central events of the New Covenant, the taking of flesh and the birth of the Church. This means the Holy Spirit stands at the heart of the New Testament's great moments, bringing about the Incarnation and the birth of the Church, so that a woman sees His decisive action at the very center of God's saving work in Christ. The woman who sees the Spirit at the Annunciation and Pentecost understands His central role in the Incarnation and the birth of the Church. The Annunciation and Pentecost were both the work of the Holy Spirit, who overshadowed Mary so the Son took flesh and descended on the Church so she was born and sent, so that the Spirit worked the two great events at the heart of the New Covenant.

At Work in the Church Now

The same Holy Spirit who worked at creation and Pentecost is at work in the Church now, animating her life, sanctifying her members, and guiding her into truth, so that His action continues to the present day. The Holy Spirit did not cease His work after Pentecost but continues to act in the Church today, animating her life, giving grace through the sacraments, sanctifying believers, guiding the Church into truth, raising up saints, so that the same Spirit who hovered over creation and descended at Pentecost is at work now in the Church and in every believer. This means the Holy Spirit is not a figure of the past but a present and active Person, at work in the Church and in a woman's own

life today, so that she lives within the ongoing work of the Spirit who has acted through all the ages and acts still. The woman who sees the Spirit at work in the Church now understands His action as present and continuing, alive in the Church and in her life today. At work in the Church now, the same Holy Spirit who worked at creation and Pentecost animates her life, sanctifies her members, and guides her into truth, so that His action continues to the present day in the Church and in every believer.

CHAPTER THREE

He Dwells Within You

The Gift Given at Baptism

The most intimate truth about the Holy Spirit is that He dwells within every baptized woman, given to her at Baptism and strengthened at Confirmation, so that her very body is a temple of the Holy Spirit who lives within her. Understanding that the Holy Spirit indwells a woman, present within her since her Baptism, reveals the astonishing nearness of God and the dignity of the one in whom He dwells.

Do you not know that you are God's temple and that God's Spirit dwells in you? — 1 Corinthians 3:16

Given at Baptism

The Holy Spirit was given to a woman at her Baptism, when she was reborn as a child of God and the Spirit came to dwell within her, so that she has carried the indwelling Spirit since the beginning of her Christian life. At Baptism, a woman was not only cleansed of sin and made a child of God but received the gift of the Holy Spirit, who came to dwell within her, so that from the moment of her Baptism the Third Person of the Trinity has lived in her soul, making her His dwelling place, a gift she has carried since the start of her Christian life. This means the Holy Spirit is not a stranger a woman must summon from afar but a presence already given, dwelling within her since Baptism, so that she does not lack the Spirit but possesses Him, given to her at the font and present ever since. The woman who understands the Spirit given at Baptism knows she has carried Him within her since the beginning of her Christian life. Given at Baptism, the Holy Spirit came to dwell within a woman when she was reborn as a child of God, so that she has carried the indwelling Spirit since the beginning of her Christian life.

Strengthened at Confirmation

The gift of the Spirit given at Baptism was strengthened and completed at Confirmation, which sealed a woman with the fullness of the Spirit and His gifts, so that she was more deeply equipped for the Christian life and mission. The indwelling of the Spirit begun at Baptism was deepened at Confirmation, the sacrament that completes baptismal grace by sealing a woman with the fullness of the Holy Spirit, strengthening His presence within her and bestowing His gifts more fully, so that she was more deeply equipped and empowered for the Christian life and for mission. This means a woman has received the Holy Spirit not once but in a deepening way, given at Baptism and strengthened at Confirmation, so that she possesses the fullness of the Spirit's presence and gifts, sealed and equipped for her life and mission as a Christian. The woman who understands the Spirit strengthened at Confirmation knows she has been sealed with His fullness and equipped for the Christian life. Strengthened at Confirmation, the gift of the Spirit given at Baptism was completed, sealing a woman with the fullness of the Spirit and His gifts, so that she was more deeply equipped for the Christian life and mission.

A Temple of the Spirit

Because the Holy Spirit dwells within her, a woman is a temple of the Holy Spirit, a dwelling place of God, which gives her an immense dignity and calls her to reverence the God who lives within her. The Scripture tells a woman that she is God's temple and that God's Spirit dwells in her, so that her very person, body and soul, is a dwelling place of the Holy Spirit, a sacred temple where God lives, which gives her an astonishing dignity and calls her to reverence her own person and to be aware of the holy presence within her. This means a woman carries God within her, a temple of the Holy Spirit, so that she is never alone and never without God, who dwells in the depths of her being, a truth that both dignifies her and calls her to live reverently as the dwelling place of God. The woman who knows she is a temple of the Spirit reverences the God who dwells within her and lives in the awareness of His presence. A temple of the Spirit is what a woman is, a dwelling place of God because the Holy Spirit lives within her, which gives her immense dignity and calls her to reverence the God who dwells in the depths of her being.

CHAPTER FOUR

The Seven Gifts

What the Spirit Has Placed in You

The Holy Spirit has placed within a woman seven gifts, dispositions that make her responsive to His guidance, wisdom, understanding, counsel, fortitude, knowledge, piety,

and fear of the Lord, each equipping her for the Christian life. Understanding the seven gifts of the Holy Spirit, what each is and how it works in a woman's life, reveals the rich equipping the Spirit has given her for her relationships, decisions, prayer, and mission.

The Spirit of the Lord shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord. — Isaiah 11:2

Gifts for Knowing and Judging

Four of the seven gifts equip a woman's mind and judgment, wisdom and understanding for grasping the things of God, counsel for making good decisions, and knowledge for seeing things in God's light. Among the seven gifts, several perfect a woman's knowing and judging: wisdom, which lets her see and savor the things of God and judge by His light; understanding, which gives insight into the truths of faith; counsel, which helps her judge rightly what to do in particular situations, guiding her decisions; and knowledge, which lets her see created things and her own life in relation to God, so that these gifts equip her mind to know God and to judge well. This means the Holy Spirit has given a woman real help for knowing and judging, gifts that let her grasp the things of God, decide wisely, and see her life in God's light, so that she is equipped not only to believe but to understand and to choose well. The woman who draws on the gifts for knowing and judging thinks and decides in the light of the Spirit, equipped to grasp God's things and judge rightly. Gifts for knowing and judging, wisdom, understanding, counsel, and knowledge, equip a woman's mind to grasp the things of God, decide wisely, and see her life in God's light, so that the Spirit helps her know and judge well.

Gifts for Loving and Acting

The remaining gifts strengthen a woman's will and heart, fortitude for courage in difficulty, piety for loving devotion to God as Father, and fear of the Lord for reverent awe, so that she is equipped to love and to act. The other gifts perfect a woman's will and heart: fortitude, which gives her courage and strength to do what is right and to endure hardship; piety, which fills her with a loving, childlike devotion to God as Father and a love for all that is His; and fear of the Lord, which is not craven dread but a reverent awe and a hatred of sin out of love, so that these gifts equip her to love God rightly and to act with courage and reverence. This means the Holy Spirit has given a woman strength and love as well as understanding, gifts that make her brave in difficulty, devoted to God as a loving Father, and reverent before His greatness, so that she is equipped to love and to act as well as to know. The woman who draws on the gifts for loving and acting is strengthened to love God and to act with courage and reverence. Gifts for loving and

acting, fortitude, piety, and fear of the Lord, strengthen a woman's will and heart with courage, loving devotion, and reverent awe, so that the Spirit equips her to love God rightly and to act well.

Gifts at Work in Daily Life

The seven gifts are not abstract but work in the concrete details of a woman's daily life, in her relationships, her decisions, her prayer, and her mission, so that the Spirit equips her for the actual living of her faith. The gifts of the Spirit are given not for show but for use, operating in the ordinary details of a woman's life, counsel guiding a difficult decision, fortitude strengthening her through a hard season, wisdom helping her see a situation in God's light, piety deepening her prayer, so that the gifts work in her relationships, her choices, her prayer, and her mission, equipping her for the real living of her faith. This means a woman can draw on the gifts of the Spirit in the concrete circumstances of her life, relying on them for the wisdom, courage, and guidance she needs, so that the Spirit's gifts are practical equipment for the actual challenges and tasks she faces. The woman who lets the gifts work in daily life draws on them for her real relationships, decisions, prayer, and mission, equipped by the Spirit for the living of her faith. Gifts at work in daily life operate in the concrete details of a woman's relationships, decisions, prayer, and mission, so that the seven gifts are practical equipment the Spirit gives her for the actual living of her faith.

CHAPTER FIVE

The Fruits of the Spirit

Evidence of a Soul Yielded to Grace

Where the Holy Spirit is truly at work in a woman, He produces fruit, the fruits of the Spirit, qualities like love, joy, and peace that are the evidence of a soul yielded to grace, so that the Spirit's presence shows itself in a changed life. Understanding the fruits of the Spirit, the qualities that grow in a soul yielded to Him, gives a woman a way to recognize the Spirit's work in her and a vision of what He is producing.

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. — Galatians 5:22-23

The Marks of the Spirit's Work

The fruits of the Spirit are the qualities that grow in a woman as the Holy Spirit works in her, love, joy, peace, patience, and the rest, which are the marks and evidence of His presence and action. The Scripture names the fruit of the Spirit as love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, qualities that grow in a person as the Holy Spirit works within, so that these fruits are the marks of the Spirit's action, the evidence that He is present and at work, the harvest His presence produces in a yielded soul. This means a woman can recognize the Holy Spirit's work in her by these fruits, for where He is truly at work, love and joy and peace and the other fruits grow, so that the fruits are the visible evidence of the Spirit's invisible action within her. The woman who looks for the marks of the Spirit's work finds them in the fruits He produces, the evidence of His action in her soul. The marks of the Spirit's work are the fruits He produces, love, joy, peace, and the rest, so that these qualities growing in a woman are the evidence that the Holy Spirit is present and at work within her.

A Soul Yielded to Grace

The fruits grow in a soul that is yielded to grace, that cooperates with the Spirit and lets Him work, so that the appearance of the fruits reflects a woman's surrender to the Spirit's action. The fruits of the Spirit are not produced by a woman's own effort alone but grow in a soul that is yielded to grace, that surrenders to the Holy Spirit and cooperates with His work, so that the fruits reflect not merely self-improvement but a soul given over to the Spirit, letting Him produce His harvest within, so that the fruits are the sign of a surrendered and cooperating soul. This means the growth of the fruits in a woman reflects her yielding to the Spirit, her surrender and cooperation with His grace, so that cultivating the fruits is less a matter of straining to produce them than of yielding to the Spirit who produces them in a surrendered soul. The woman who understands a soul yielded to grace cultivates the fruits by surrendering to the Spirit, letting Him produce His harvest within her. A soul yielded to grace is where the fruits grow, for they reflect a woman's surrender and cooperation with the Spirit, so that the fruits are the sign of a soul given over to His action rather than the product of effort alone.

Growing in the Fruits

A woman grows in the fruits of the Spirit by cooperating with Him over time, yielding to His work, practicing the virtues, and letting the Spirit mature His harvest in her through the seasons of her life. The fruits of the Spirit grow gradually, as a woman cooperates with the Holy Spirit over time, yielding to His action, practicing love and patience and the other fruits, removing the obstacles of sin, and letting the Spirit mature His harvest in her, so that growth in the fruits is a lifelong work of cooperation with the Spirit. This means a woman is called to grow in the fruits of the Spirit, not expecting them all at once

but cooperating with the Spirit's work over the seasons of her life, yielding to Him and practicing the virtues, so that the fruits ripen in her gradually as she gives herself more fully to the Spirit. The woman who grows in the fruits cooperates with the Spirit over time, letting Him mature His harvest in her through a lifelong yielding. Growing in the fruits is a lifelong work of cooperating with the Spirit, yielding to His action and practicing the virtues, so that the fruits ripen gradually in a woman as she gives herself more fully to Him.

CHAPTER SIX

The Interior Teacher

Paraclete, Sanctifier, Guide Within

The Holy Spirit works within a woman as her interior teacher, the Paraclete who helps and comforts her, the Sanctifier who makes her holy, teaching and guiding her from within in ways beyond any external instruction. Understanding the Spirit as the interior teacher who dwells and works within a woman reveals the intimate way God teaches, sanctifies, and guides her from the inside.

The Spirit searches everything. We have received the Spirit who is from God, that we might understand the things freely given us by God. — 1 Corinthians 2:10-12

The Teacher Within

The Holy Spirit is an interior teacher, who instructs a woman not from outside but from within, giving her understanding of the things of God that no merely external teaching can provide. Unlike a human teacher who instructs from outside, the Holy Spirit teaches from within, dwelling in a woman's soul and giving her an interior understanding of the things of God, illuminating the truths of faith, bringing them home to her heart, helping her grasp what she could not understand by external instruction alone, so that He is the interior teacher who instructs her from the inside. This means a woman has within her a divine teacher, the Holy Spirit, who gives her an interior understanding of God's truth, so that she is not left to grasp the faith by her own effort or external teaching alone but is taught from within by the Spirit who dwells in her. The woman who knows the teacher within relies on the Holy Spirit to instruct her from the inside, giving understanding no external teaching can provide. The teacher within is the Holy Spirit, who instructs a woman from inside her soul rather than from outside, giving her an interior understanding of the things of God that no merely external teaching can provide.

The Paraclete and Comforter

The Holy Spirit is the Paraclete, a word meaning Helper, Advocate, and Comforter, who comes alongside a woman to help, strengthen, and console her in all her need. Jesus called the Holy Spirit the Paraclete, a rich word meaning one who is called alongside to help, an advocate who pleads for her, a comforter who consoles her, a helper who strengthens her, so that the Spirit comes alongside a woman in all her need, helping her in weakness, comforting her in sorrow, advocating for her, standing with her as her divine helper. This means a woman has in the Holy Spirit a constant helper and comforter, called alongside her to assist her in every need, so that she is never left to face life alone but is accompanied by the Paraclete who helps, strengthens, and consoles her from within. The woman who knows the Paraclete and Comforter relies on the Spirit who comes alongside to help and console her in all her need. The Paraclete and Comforter is the Holy Spirit, the Helper and Advocate called alongside a woman to assist, strengthen, and console her, so that she is never alone but accompanied by the Spirit who helps her in every need.

The Sanctifier

The Holy Spirit is the Sanctifier, the one who makes a woman holy, working within her to purify her, conform her to Christ, and bring her to the holiness God desires. The particular work of the Holy Spirit is sanctification, the making holy of the soul, for He works within a woman to purify her from sin, to grow the virtues and the fruits in her, to conform her to Christ, to bring her step by step toward the holiness God wills, so that the Spirit is the Sanctifier, the divine agent of her growth in holiness. This means a woman's growth in holiness is the work of the Holy Spirit within her, the Sanctifier who purifies and transforms her, so that she becomes holy not by her own power but by the Spirit's sanctifying work, cooperating with the One who makes her holy from within. The woman who knows the Sanctifier relies on the Holy Spirit to make her holy, cooperating with His purifying and transforming work within her. The Sanctifier is the Holy Spirit, who makes a woman holy by working within her to purify her, conform her to Christ, and bring her to the holiness God desires, so that her growth in holiness is His work.

CHAPTER SEVEN

Led by the Spirit

A Life Guided From Within

The Holy Spirit is given not only to dwell within a woman but to lead her, to guide her life from within, so that she is called to be led by the Spirit rather than by fear, habit, or the expectations of others. Understanding what it means to be led by the Spirit, to live a life guided by Him rather than by lesser forces, reveals the Spirit-led life a woman is called to and the freedom it brings.

For all who are led by the Spirit of God are sons of God. — Romans 8:14

Led by the Spirit, Not by Fear

A woman is called to be led by the Holy Spirit rather than by the fear, anxiety, and dread that so often drive human decisions, so that her life is guided by the Spirit's gentle leading and not by fear. So much of human life is driven by fear, by anxiety about what others think, dread of failure, worry about the future, and these fears can rule a woman's decisions and shape her life, but she is called instead to be led by the Holy Spirit, to let His guidance rather than her fears direct her, so that she lives from the Spirit's leading and not from the anxious pressures that would otherwise rule her. This means a woman is invited to exchange the rule of fear for the leading of the Spirit, letting Him guide her choices and her life rather than being driven by anxiety and dread, so that she is led by the Spirit and freed from the tyranny of fear. The woman who is led by the Spirit, not by fear, lets His guidance direct her life, freed from the anxious pressures that would otherwise rule her. Led by the Spirit, not by fear, a woman lets the Holy Spirit guide her rather than the anxiety and dread that drive so many decisions, so that her life is directed by His gentle leading and freed from the rule of fear.

Not by Habit or Others' Expectations

To be led by the Spirit also means not being ruled merely by habit or by the expectations of others, but living from the Spirit's active guidance, so that a woman is freed from mindless routine and the pressure to conform. Besides fear, a woman's life can be ruled by mere habit, by doing things as she has always done them without reference to God, or by the expectations of others, by living to meet what others demand or expect, but being led by the Spirit means living instead from His active guidance, so that she is freed from mindless routine and from the pressure to conform to others, directed instead by the Spirit. This means a woman led by the Spirit is not merely carried along by habit or bent to the expectations of others but guided by the living Spirit, so that her life is directed by God's leading rather than by routine or the demands of others, a life of real freedom. The woman who is led not by habit or others' expectations lives from the Spirit's guidance, freed from routine and the pressure to conform. Not by habit or others' expectations, a

woman led by the Spirit lives from His active guidance rather than mindless routine or the demands of others, so that she is freed from both and directed instead by the Spirit.

Cooperating With His Leading

Being led by the Spirit requires a woman's cooperation, her attentiveness and willingness to follow His guidance, so that she actively yields to the Spirit and acts on His leading rather than ignoring or resisting Him. The Spirit leads, but a woman must cooperate, for His guidance can be ignored or resisted, so that being led by the Spirit requires her attentiveness to His promptings, her willingness to follow where He guides, her active yielding to His leading, so that she cooperates with the Spirit rather than quenching Him, letting Him actually direct her life. This means the Spirit-led life is not passive but a cooperation, a woman attending to the Spirit's guidance and acting on it, yielding to His leading and following it, so that she must do her part to be led, cooperating with the Spirit who guides her. The woman who cooperates with His leading attends to the Spirit and follows His guidance, actively yielding so that He can direct her life. Cooperating with His leading is required to be led by the Spirit, a woman attending to His promptings and willingly following them, so that she actively yields to the Spirit and acts on His guidance rather than ignoring or resisting Him.

CONCLUSION

Know the Spirit Within You

The woman who prayed to the Holy Spirit without knowing who He is now knows the Person she prays to. We have seen that the Holy Spirit is not a feeling but a Person, the Third Person of the Trinity, fully God; that He has worked through all of salvation history, from creation to Pentecost to the Church now; that He has dwelt within her since Baptism, strengthened at Confirmation, making her a temple of the Spirit; that He has placed within her the seven gifts; that He produces the fruits in a soul yielded to grace; that He works as the interior teacher, Paraclete, and Sanctifier; and that she is called to be led by Him rather than by fear, habit, or the expectations of others.

Through all of it runs a single invitation: know the Spirit within you. The Holy Spirit is not a vague force or a distant power but a divine Person who dwells in your very soul, given to you at Baptism, equipping you with His gifts, producing His fruits, teaching and sanctifying and leading you from within. To know Him is to discover that God is nearer than you imagined, living within you and longing to work through you.

So know the Spirit within you. Relate to Him as the divine Person He is, not a feeling but someone to know and love. Marvel at His work through all the ages, from creation to Pentecost to now. Remember that He has dwelt within you since your Baptism, making you His temple. Draw on the seven gifts He has placed in you, for your relationships, your decisions, your prayer, and your mission. Cultivate the fruits by yielding to His grace. Rely on Him as your interior teacher, your Paraclete, your Sanctifier. And let yourself be led by Him, not by fear or habit or the expectations of others, cooperating with His gentle guidance. The One you pray to when you say Come, Holy Spirit is a divine Person who already dwells within you. Know Him, and let Him lead, teach, and transform you from within.

✦ ✦ ✦

The Holy Spirit is part of The Daily Bread Library.