



*You will be baptised with the Holy Spirit*

ACTS 1:5

Occurring fifty days after Easter Sunday, Pentecost is essentially the birthday of the Church. It is a celebration of the third person of the Blessed Trinity, the Holy Spirit, being sent and received by the Church.

Prior to his ascension, Jesus ordered the Apostles to stay in Jerusalem and wait for the promise of the Father. The promise being that they would “be baptised with the Holy Spirit” (Acts 1:5). This promise continues today as it is a promise given to every person who belongs to the Body of Christ and intentionally chooses to follow Christ. The Spirit is given to us to accompany and guide us through life and is known by many names including Comforter, Counselor, Intercessor; the Spirit plays a significant role in that of a Christian life.

Why is it that among some Catholics the Spirit can seem to be forgotten and daunting? Ultimately, it is difficult to live a life according to God’s plan without the invocation and surrender to the Spirit. It is essential that we invoke the Spirit. We have received the Spirit through Baptism and Confirmation however, we must continually call on the Spirit to intercede for us so we might receive the graces offered to us again and again.

When we invite the Holy Spirit into our lives we need to be mindful to use the gifts in a way that glorifies God. Through this relationship with the Spirit, we can grow in our faith and be transformed in a radical way. When we are blessed with the transformative relationship with God, through the power of the Holy Spirit we are called to be witnesses to others we encounter; Jesus said “you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” (Acts 1:8).

It is only once the Spirit was received by the Apostles in the Upper Room that they had the courage, wisdom, knowledge to go out and preach to the people all that they had seen. They were able to fulfill the mission that Jesus had given the Church “Go therefore and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit” (Matt 28:19). The first response to the Spirit by the Apostles was to be witnesses and evangelise those around them and build the Church.

We are called to invoke and receive the Spirit to help guide us through a life of lived faith that results in a joyfulness which cannot be hidden from the world. We are reminded through the power of the Spirit that we are created in love and in the image and likeness of God. This enables us to understand that the plan for our lives is far more significant than we could imagine. It is only with the invocation of the Holy Spirit that we can fully live out the true life that God has planned for us and go out and spread the Good News by the power of the Holy Spirit. The Spirit gives us courage in those times we feel discouraged and the wisdom when

we struggle to find the right words to share with others. We need to trust that the Spirit walks with us and inspires us to do the work of God and we need to work towards a surrendering to the will of God through the Spirit

As the Easter season concludes after Pentecost and the liturgical calendar enters the Ordinary period let us continually turn to the Holy Spirit and invoke him. With the help of the Spirit let us always live as an Easter people, in love, joy, patience and kindness to those we encounter that they might witness what it is to be part of the Body of Christ and sense the peace of living in the Spirit.

Holy Spirit, come that I may be strengthened to go forth in love to be a witness to the Gospel in my everyday life through my words and actions so that others may encounter you. Amen