

Holy Spirit Nudges

A free E-book from Faith and Family Live

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How it started:

Here is our Holy Spirit Nudges E-book. It started with a blog posting on the Fifth Day of the Novena for Pentecost.- that triggered a lot of wonderful responses... then Rebecca Teti picked up the thread and started a new post on the Holy Spirit about nudges that didn't make the cut! I was so touched by her story that I shared it on my daily ezine, JoyNotes. She got tons of responses!

So first is the initial posting with comments and then Rebecca's and all the comments that followed after. Together I think all of us have made a pretty good witness of the Holy Spirit!

Please pass this on to your friends and lets keep he Holy Spirit stories going!

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This was the Post that began -

Today is the [Fifth day of the Novena](#) for Pentecost

I'm trying to think of a specific time when the Holy Spirit spoke to me. One of those big knock you off your horse moments but I can't say as any come to mind. I do get lots of little nudges though.

I am learning more and more to trust the little nudges and to act upon them immediately. One of the way the Holy Spirit helps me a lot is in planning the music for Mass. I ask for help and almost immediately a song will pop into my mind that I should use. Sometimes when the hymn seems really far out I wonder for a second... but I go ahead and use it and it will be just what Father talks about in his sermon and it fits perfectly.

Even things like what to make for supper when its up to me to plan it or what kind of little gift I could take for my mom.

Sometimes I'm not so quick to follow the nudges and I then am always sorry. It's usually not major things. but little tasks that I am nudged to do right now .. but I slither away and do something else with the faint thought that of course I will come back and do it very soon! And I don't. And then there is no one to blame but myself. Sigh.



[Jenny](#)

I also have received lots of nudges that I ignored at various times, like a feeling or thought that I should call my sister and I would dismiss it at the time, saying to myself, Oh she is at work anyway.

A couple days later she would call me and say I was home on Tues, (the day I got the nudge to call her), because one of her kids was sick.

I would kick myself, why didn't I respond to that nudge!

Lately, I have been putting off calling my Dad....think I should do that today!

Thank you for reminding me to listen to the Holy Spirit's prompts!!! Peace!



Mother of two

I will admit I have not been praying this novena (shame on me) but I have story to share . Last year on my birthday I found out I was pregnant my first DD was 7 months - we were not using nfp or anything else for that matter) . I was confused, I had just started a new job and DH had enrolled for graduate school.

I prayed to God the Holy Spirit to comfort me and said the novena to the Holy Spirit several times asking for a son. On Nov 25th i gave birth to a healthy baby boy ...I am still giving thanks

In addition the new job i took over Had medical insurance that covered DH, DD , me and our new child ... I am still giving thanks

Right now am asking the Holy Spirit to grant me two years pregnancy free so I can finish my masters and look after my mother and children



Pat S

Yes, some of those nudgings of the Holy Spirit are rather subtle & don't always act on them..... then there are the really, really strong ones that I try to act on.....

I recall one in particular many years ago.... I was in my 40's and when I had a problem, I felt I needed some advice on, I would call on my dad. This one day I had such a problem, but kept telling myself , it's time I grew up and used my own headetc....

But I kept hearing/feeling 'call on your dad'and I kept arguing with myself , so to speak.....finally , I gave in and went to see him.

We had a nice little chat, walking around the garden and he gave me good advice as always..... a few hours later, I left feeling pretty good.

Next day my dad passed away. I was sooo glad to see him that one last day & the Holy Spirit knew it. My sister told me later, she had a similar experience only with a phone call.



Linda

I am glad to be reminded of following the Holy Spirit's "nudges".

Years ago, the Holy Spirit and I argued all morning. I was asked to pick up a friend's child from

kindergarten because she was not feeling well. All morning I kept hearing (in my mind) to ask to take the child and a sibling home so the mom could rest.

But all morning, I kept telling the Holy Spirit I couldn't because I had too many things to do.

The arguing got more and stronger as I drove the child home but as I pulled away, I gave in and finally said okay and parked the car, went back inside and asked to take the children home so mom could rest.

Surprisingly (?) she was so happy I offered. Her children and mine had lunch and a great afternoon playing so happily and I completed those household tasks. A win win situation.



Judie

I have such regret in my life the last 12 years for not heeding to the nudging of the Holy Spirit.

My Mother & I always had a very tough time getting along, even as a small girl I always had the feeling my Mother disliked me & she always would hurt me.

As I grew up I was determined to please her to make her love me. For some reason it never worked & it just frustrated me. I finally came to the realization that it was not me with the problem. My grandmother had not given my Mother love so therefore it was very difficult for my Mother to give love to me.

I went through many years of counseling. After my Dad died I was left to care for my Mother with no siblings. For two and a half years it was a constant turmoil between us.

One day we were out in the car & I heard & felt the Holy Spirit tell me to talk to her & tell her I loved her & that I understood.

Several times while we did errands I would feel this. I didn't do it.

Only two weeks later I went over to my Mother's & I found her dead on the sofa from a heart attack. What I went through for several years after her death was far worse with guilt. I have finally come to terms & God in His infinite love & wisdom has brought me to a better place. I have to work at my feelings daily, even at 63 years old. I will never "NOT" listen to the nudges of the Holy Spirit again in my life.



Linda

I also had a similar Holy Spirit encounter when my mother died.

The difference with my situation is that I got along with my mom and did everything I could for her. I loved her with my whole heart.

I have 6 siblings, 5 living close to also help care for her, especially after my father passed away, (eight months prior). My siblings and I all helped, but my brother was named Executor and thus had given instructions to only go through him, not for each of us to keep talking with doctors.

My mom was in and out of the hospitals a lot. Of course as with most difficult situations, life is also stressful other places too. The evening she had passed, I had gone to visit with her, but something was terribly not right.

I knew in my heart something was wrong (the Holy Spirit, right?) but because of conflict with siblings I also knew I couldn't "do anything."

So I told her I would see her later, (she couldn't hold a conversation because she indeed had begun to die, but I didn't know it, I was so blinded).

Her roommate in the hospital (really it was an angel) even asked me if I wasn't going to stay with her, surely I would stay with her and not leave, but, I didn't listen to the Holy Spirit :

(I left, stopped at the nurses station and relayed what I saw and left only to be called back to the hospital 4 hours later.

She died 16 hours later.

I was not there for my mom when she really needed me the most.

Eleven years later, I still feel guilty about leaving her.

I hope God forgives me and hope she has too.

I agree, sometimes we just don't understand it is the Holy Spirit speaking to us. I think my daily prayer should be for the Holy Spirit to open up my eyes, ears and heart to His Holy Word and Holy Will and to hear Him when He speaks.

Thanks for sharing your story.

Oh yes, there is a good story along with this. While my mom was dying and in ICU, there was this nurse who was extremely calm and compassionate with my mom and my siblings and myself.

After the funeral and such, I called the hospital to get the name of the nurse who had cared for my mom, (only knew her first name), I had wanted to send a thank you card. The staff at the hospital told me there was no such nurse that worked on that floor nor a nurse to fill in that evening with that name.

At least my mom had an angel with her.



Viv

Dear Judie,

I have just returned from a three-day counseling session.

I have the same problem with my mother that you had with yours. Reading your comment was like reading my own story. My urgent need for counseling was not so much to deal with the lack of love from my mother, and the many many hurts she has dealt me over the years, but more out of need to help myself and prevent myself from doing the same to my own two daughters and son.

Now I realize it is so much more than that.

Thank you helping me realize that my mother needs me to tell her love her.

I hadn't realized that it was necessary to say it when I have been doing it all these years.

Thank you so much. Thank you Holy Spirit, this is if anything, definitely a Holy Sprit nudge I think...

Vivienne



Michelle

Sr. Patricia: would it be “spiritual greed” to ask for ALL the gifts of the Holy Spirit? I mean, why not ask for them ALL? Mary had them. Right?



VIRGINIA SCHMUCK

At one time I had an abundance of your book, 101 INSPIRATIONAL STORIES OF THE SACRAMENT OF RECONCILLIATION, and I had a “nudge” to take some to Mass each Sunday.

As I would sit through the service, I would feel a nudge to give one to one or more people, most of whom I didn't know.

One was a visitor to our parish; one was a person struggling with that particular sacrament. There were others as well.



Jennifer



Smile, God Loves You!

Sometimes he needs you to be a dork

Sister's [lovely post on the promptings of the Holy Spirit](#) has engendered a nice conversation in the comment box.

Check it out.

It “inspired” me (if that’s the right word under the condition I’m about to describe) to relate the tale of a time I *didn’t* listen to the Holy Spirit...and really regretted it.

I once had a colleague some 10 years my senior whom I really loved and admired as a model of Christian womanhood.

In one way she was one of my most important friends, in the most profound meaning of Christian friendship. We trusted each other and could talk about anything, including intimate things: experiences in prayer, challenges in our marriages, with the aim of helping each other to be more holy. At the same time, we weren’t really “buddies.” We didn’t dine at each other’s houses or spend any time on the phone.

So anyway... my friend went through an unbelievable rough patch --husband’s business tottering, a serious health crisis and several other trials more or less simultaneously. I prayed and sacrificed for my friend intensely, but I wanted her to know I was thinking of her, so I sent her flowers through an internet site.

When the time came to fill out the greeting, I had an intense feeling that I should write, “Smile, God loves you” on the card.

I immediately rejected this, as it seemed too silly, and I was afraid of giving my friend offense by offering a dumb slogan in the face of her many crosses. I composed another, better, classier message.

But the strong feeling that the card should read, “Smile, God loves you” persisted. So much so that I

erased my note and wrote, “Smile, God loves you” in the space provided.

But then I re-thought it again. Then typed it again. And re-thought it again. This happened several times until finally I told myself it was absurd to think so hard about a stupid 2-line greeting, “got hold of myself,” and wrote my own message, whatever it was.

Later I received my friend’s thank you card. She said that the flowers were waiting on her doorstep when she returned from Mass one morning—a mass at which, in the midst of many sorrows, she had begged the Lord for some sign that He loved her.

Doh!

Fortunately, she took the flowers as the sign of God’s love they were meant to be; I take comfort in knowing I did follow half the prompting. But I will always know how much more perfect that sign could have been if it hadn’t been so important to me not to say something dorky.



Michelle

I have learned that saying “yes” to those little prompting has brought joy unimaginable and sometimes think back to all that would have not happened had I said “no”.

And then of course I also think of the times I said “no” and wonder what could have happened had I said “yes”. Such contradiction.

I am glad God is very very patient with us and never gives up.

His Love and Mercy are infinite.



Carol Brady

Once, a few years ago, I felt a strong prompting/urging to bring dinner to a women & her family who was more of an acquaintance then friend. I fought it most of the day and then finally decided to make an extra dinner and bring it over.

When she answered the door I explained to her that I might sound crazy but I really thought I should bring her dinner.

She immediately started crying. She was having an exceptionally bad overwhelming day with her three young children and I think her DH was either traveling or working late.

She was so grateful and encouraged. I was too.



Christine Hebert

I am prompted to pray for people on a regular basis. I usually have no idea why, or what the outcome of these prayers are, but I pray anyway.

I try to be obedient to the promptings as they come.

I figure someday it may be me that needs prayer and the Lord will prompt someone else to pray for me.



Mark

I too have started to follow those promptings.

I found that if I just let go and not worry what someone MIGHT think, God's providence and my cooperation accomplish the task at hand.

It has happened too many times to be an accident.

Now I am learning to go with it and smile as I do, feeling the Spirit direct me.

I just wish I was better at it and more sensitive to the promptings of the Holy Spirit.



Margaret

Always follow these promptings.

Several years ago, I was packing up a picnic lunch for my large family, to bring along for my daughter's last day at summer camp. The campers put on a show, there is Holy Mass, and then the families all picnic together. Fun times.

As I was making this mountain of food for my own brood, I just knew, *knew* some other family was going to forget entirely about packing lunch. Another big family. So I sighed deeply, and kept packing, about twice as much food as we personally needed.

Sure enough, I got to camp, and prior to the Mass starting, met a lovely large family and had a great time chatting with them.

After Mass, however, the mother had a horror-struck look on her face when the director invited everyone down to the tree-shaded area with their picnic lunches.

This new friend was the one who had forgotten.

Thankfully, she & her family didn't have to go hungry that afternoon...



LaVern

The Holy Spirit has cared for me as a mother does for a child for several years now. She is even a house hunter.

About four years ago I needed a two family house that was immediately available for new tenants--not an easy thing to find.

My friend and I came to the area with about 25 possible addresses--but as we were just about to leave the area, he noticed a For Sale sign on one that wasn't on our list.

We couldn't believe our eyes when we noted that it had just been finished being rehabbed--and though the house is over a hundred years old--just what we wanted, stained glass windows and all.

With the Holy Spirit's help, I was able to get the loan, and closed three weeks later.

Having been in real estate, know this is nearly an impossible feat, but all was accomplished before the 30 day period when my friend had to be out of his apartment. We have shared this house now for nearly four years, and regardless what goes wrong--and much does in a house this old, we take it in stride, knowing we are exactly where the Holy Spirit had directed us!

I am so thankful for all the nudges She has given me--you can't go wrong with Her leading you.



Laura Schwartz

Rebecca:

Thank you. I love how He works.

How tender He is. How He cares about us.

A similar thing happened to me at a retreat just this last February where I asked God to “love on me” and five minutes later opened an envelope containing a beautiful blue rose necklace and a card with the words “never forget” on it. The person who gave the necklace was following the nudging of the Holy Spirit.

I followed a nudge recently.

I had gotten out of the habit of going to church. It had been about two years since I’d attended Mass and I was looking for a church to attend. But didn’t know where God wanted me. Well, God arranged for me to hear about where He wanted me to go, but I was still hesitant.

Then, one recent Sunday morning I clearly heard God speaking into my heart that He wanted me to go to the Church He told me about TODAY!

So I went.

I didn’t know that it was Divine Mercy Sunday. But He knew how significant that was to me.

The church I went to had a service in the afternoon so people could pray the Divine Mercy Chaplet together. I had never done that before and being rather “new” to the Catholic faith, my only experience of the Divine Mercy Chaplet was when I watched and heard it being prayed in song on EWTN.

It was so beautiful...I loved it. So I went back to the afternoon service and joined in and learned about Sister Faustina’s vision and about Jesus telling her that when the Divine Mercy Chaplet is prayed in the presence of the dying, that He will stand between the dying person and the Father as the dying person’s merciful Saviour, instead of judge.

Less than two weeks later, my husband and I learned that his dad had cancer and was not expected to live more than a couple of months. We flew to him and I was able to sing the Divine Mercy Chaplet to him as he lay dying. It was a very precious thing. That is an understatement.

Now I have that precious memory and a new church that I love.



Carol Valine Zarek

Once during Communion, I asked the Lord “Tell me your will” and I heard an interior voice say, “Are you willing to listen?” I said, “Yes,” and the voice said, “Then listen”.

I am still working on the prompting of the Holy Spirit.

Janet Stewart, the Mother Superior wrote in her memoirs, “If you are busy, pray a half hour; if very busy, pray an hour.”

I forget this sometimes, to sit in silence and let the Holy Spirit breathe in me, but I am happy every

time I remember.



Jane Doe

You are really blessed, I pray every morning for the grace of the spirit but I feel nothing, I read the daily reading, I say my morning prayers then I ask the lord to speak to me,,, but nothing.. I truly prayer for my family especially.my daughter now thirteen...

I feel so agitated, so anxious and so frustrated at times cause I feel she pays or cares a dam to everything I tell her..and I am really very hurt..can u please say a prayer for my daughter and me as well..

Thank you for me that I get the grace to have a feeling that God Loves me and my family and that I get the grace of the Spirit.

I like to hear a Mass as often but every evening when i I get back from work there is so much of studies that I land up at home and the result is when my boy comes back with his test marks its like, he's never studied for his test..can u imagine how heartbroken I feel.. and wonder why this is happening to us.

please do not publish my name.

[Let's offer some prayers for Jane to feel God's love for her in some unmistakable way. --RT]



Helena Cody

A few years ago I was working in a position where I spent most of my working day with a fellow colleague.

This other colleague would just drive me up the wall with demands, expectations, etc. etc.

Then one day while driving to work and thinking about having to spend the day with this colleague, a prayer came to mind:

“Come Holy Spirit, fill the hearts of the faithful and enkindle in me a (great big) fire of your love.”

The day went by peacefully and ever since then, when I worry about having to spend time with someone or something that annoys me, I simply say that prayer and my negative feelings disappear making my time go smoothly.

Now that's the prompting and work of the Holy Spirit!



Emily

Several months ago I received an answer to a fervent prayer.

I was so grateful and wanted to express my gratitude in some tangible way.

I couldn't decide which way to go and kept thinking about it, until finally realizing I should ask for guidance.

Suddenly, in my head, I heard the words, "Feed my Lambs."

It was as clear as day. I knew somehow that I needed to give money to someone in need.

The word "lambs" kept popping into my mind and I pondered who those lambs might be. Finally, I decided to call a friend who works with Hispanic immigrants and told her I wanted to donate some money for some children in her ministry.

She immediately spoke up telling me that she had a family whose father had recently been laid off and was in need of money for groceries for his children. There were my lambs to feed. Sometimes you just KNOW the Holy Spirit is right there whispering in your ear.



[Maria](#)

Thank you so much for sharing your story, Rebecca.

I have learned in my own life to obey those checks. Even to the extent that I now obey the 'dorky' ones without reservation and it's always what the Holy Spirit asked me to do.

I could write a book of all the times I've done that. Actually, my daily life, it goes that way... I don't know what would I do without it... non-Christians people might call it an extra sense, but I know that it's the Holy Spirit, I do not have a 'good' extra sense... ha! All glory to God.



Carollina Rose

I thank everyone for the marvelous stories of faith here!

I am directing this note to Jane Doe, who wonders at times if God loves her and her family, and who especially asks for prayers for her daughter and herself.

Jane, God loves you and your loved ones so very much that He offers you a tremendous outpouring of graces, to lead you to abide in His Love now!

Jesus wants us to trust His compassionate Love and Mercy for us, and His merciful Love is present in every single moment we live.

Trust Jesus. You and your family will be held each day in my poor prayers, and I will offer my sufferings of today for your intentions.



Jo-Ann Breau

On Christmas Eve, my mom & me would cook poutines.

This is a french acadian dish. Round potato balls filled with pork. They are delicious but take a lot of time and work to make. They are definitely a “treat” for Christmas and bring back many good memories.

This particular Christmas Eve, I felt that I had to call a very close, spiritual friend of mine and tell him that I was going to be making poutines and would like to bring him some when they were done.

When, I went over to bring him the poutines, he said “Jo-Ann, this was going to be the first Christmas since my grandmother died that I wasn’t going to have poutines. She knew how much I loved them and made them for me every Christmas”.

I am so glad that I listened when the Holy Spirit nudged me to make extra’s for his family.



Colleen Comito

That was a beautiful story..the Holy Spirit does speak to our hearts... At Mass this morning, Father gave a brief reflection and the “punch Line” was this:”That Jesus needs us to be His hands, His arms and His Heart in the world.”

That can only be accomplished by the power of the Holy Spirit!

Please join me in prayer for Lauren Marie, a six week old baby that was born with Aniridia. This is a genetic defect that causes blindness. The baby was born without an iris in either eye..... We are praying for a miracle!

Come Oh Holy Spirit, and help us to love with your love.....to be your heart and hands in this world.

Colleen



Lillian DeOliveira

I was baptized in the Spirit through the “Life in the spirit seminars.

The night I was baptized, I sat in the middle of ten or eleven people and they prayed over me. I was a bit unsure about this, and asked the Lord to let me know if this was real.

Well He did.

While they were praying, I started to slip off the chair, and was crying and then laughing at the same time. After they finished, I went back to my chair and kept doing it.

saw that the Lord was letting me see His power. I was too shy to act like that on my own. Since then, I have seen the Holy Spirit work wonders in my life. It has been 30 years since then. So don't ever doubt the Holy Spirit's power. It still amazes me.



Marylin

God is Sooooo good!... and His mercy endures forever!!! Amen to that!

I'm 71 ... and my experiences (to my knowledge) began at age six when I was despondent due to family difficulties and sitting in my apple tree. As I looked up to the sky thru the bare branches I 'heard' (in my heart) "I am the Author of Life"! At that time I did not understand but I have pondered that over these many years!

God is Good!!

Give Him all anxiety, as we pray in the Mass... He can handle it all!



Colleen Comito

Marylin, it is good to "meet" someone who is a wee bit older. I am a Grandma and yes, my experience has been to give everything to God..without the love of the Lord and His strength and grace, we can do nothing....

Even after all of this time, I still suffer with anxiety.....I give it to Him everyday.

Colleen



I was a member of a large parish for eight years. Occasionally I went to mass at small church nearby.

I kept hearing the whisper of the Holy Spirit and after two years I joined that parish.

Through a women's retreat there I met June. She introduced me six months later to her widowed brother who was visiting from upstate New York. One year later we were married.

He is definitely my gift from God!

We're very happy - he's 74 and I'm 67!



Maureen Griffin

My Dad died when I was just one so I've always pictured God as a big bear of a loving father.

When my husband and I were going through infertility and then the adoption maze, I had moments of great sadness.

One day at Mass, during one of the difficult times, as I was praying after receiving Communion (though not specifically about having children) I was overcome with a feeling of peace and an image appeared in my mind of a little girl snuggled on her father's lap as he patted her and said "don't worry, it's going to be alright."

I knew in my heart that I was the little girl and the father was God.

The road was still difficult but I didn't have the deep sadness anymore - I knew it would work out.

We've since been blessed with a son through adoption and a daughter by birth. God-willing, we'll be adopting again soon.



Kay Forristal

Just recently I have become overwhelmed by stress.

Not surprisingly really as my husband had a stroke in March 2008 and was then diagnosed with a very rare form of cancer.

In June 2008 he had forty tumors removed as well as his thyroid, and has had a further two operations since then with perhaps another looming.

Part of the stress contributed to my not wanting to go out of the house.

One day recently, I coaxed myself inside the woods beside our house where I had a good cry in private.

As I was coming out, I got a strong urge to ring a man I had met once very briefly several years before during a fund raising event. I knew this gentleman had lost his son and I really did not know what I could say to him.

I tried to ignore the feeling but it persisted and finally I found his mobile no and texted him.

Several days later I was driving back from the hospital. I noticed the time on the clock, it said, 11.58.

My phone rang and I pulled over to answer it.

It was a gentleman's voice, he said he had received a call from me at 11.58. I explained that that was not possible because I was driving at that precise time and that as I had no credit anyway I could not make any call.

It turned out to be Tomas, the man I got the urge to contact. I re-introduced myself and we began talking. I told him about this strange urge I had to contact him. We talked some more and suddenly he said, 'Thank you very very much!'

'What for?' I asked bemused.

He said, 'You have just said something so meaningful to me that it is almost an answer to a prayer.'

Again I asked him what I said because I couldn't remember saying anything specific. He told me 'You may not find out till Judgment Day what you have said but you have given me an answer that I have been searching for for a long time and that is the reason you got the urge to contact me. I thank you!'

When I got home, I looked at the calls on my phone and there was a call from my phone to an unknown number made at 11.58. I cannot explain it and no one else can. I followed the nudging s I got and now I am glad that I trusted that inner voice.

Not everything has a logical explanation but with God logic is immaterial, we only need to listen, to act and to give thanks.



Christine Esteves SFO

I was disobedient to the Catholic Church and was receiving Holy Communion while my marriage had not been correct with the churches teachings.

I was in denial and I kept saying to myself that it was okay and that God would rather have us receive him.

WRONG!

I had prayed to the Holy Spirit daily for one year to become obedient to God's will.

I was then visiting [Medjugorje](#) and I told my sister I was going to go to confession that Friday and talk to the priest about this and obey whatever he said.

She said wait till after Pentecost Sunday so I could receive Holy Communion - she felt the priest would say it wasn't alright what I was doing.

I told her no, I felt compelled to go and become obedient to whatever the priest said.

As I had felt, the priest could not absolve me of this and advised me to get the prior marriage annulled since I had good reason for my divorce.

So at that moment I became obedient and did not receive Holy Communion.

That Pentecost Sunday as I was kneeling, facing the altar asking to receive a spiritual communion -

something kept pulling my head toward the aisle where they were giving Holy Communion and when they got to my row - my head seemed drawn to face the priest in the aisle and I heard in my head the priest say: "The Body and Blood of Christ."

I knew at that moment I had received a very special spiritual communion. The Holy Spirit gave me a great gift that day.

I continue to tell this experience whether people look at me strangely or not.

God sent his Son, then the Son sent the Holy Spirit who is among us. From then on I have been listening to the Holy Spirit.

My friends and family are amazed at how I know things ahead of time and I always tell them it is not me but the Holy Spirit working through me. The Holy Spirit is my comforter and has been guiding my life since then so when I am lonely and confused I remember it is God's Will not mine and I find peace.

Pray to the Holy Spirit daily and see the changes come about in your life.

The Holy Spirit is Among Us!



Jeanne

Jane Doe, May God bless you.

It is a difficult time for many of us right now. What helps me is taking action, doing something good no matter how small.

A smile despite despair, a kind word despite others' disdain, a prayer.

Just reaching out to others with love.

Acting with love when you do not feel loved gives you power because God is love.

The power is the Holy Spirit.



Margaret O'Rourke

Some days I pray to the Holy Spirit to Help and Guide Me and then some days I forget he is there and when I do remember the Holy Spirit my day goes by in a more peaceful and spiritual way and then I wonder how I got through that day!



Lena Rozario

In 1994 I arrived at the departure lounge in Glasgow Airport and noticed a sad old man. I walked by when something inside me said: Say hello to him.

Two years later we married. Although he was 14 years older than me. He was God's precious gift to me. The Holy Spirit works in many ways.



Carol

We all have the Holy Spirit in us as we received Him at our baptism and in our Confirmation, but, we must believe He is there, and ask Him to live in us, breathe in us, speak in us, act in us so all we do and say will give glory and honor to the Father.

That way His promptings will nudge us and we will know the right things to speak and act and do.

When I pray over people I ask the Holy Spirit to pray through me and the right words are given to be said, which comforts people very much.



CatholicPostage

Thanks for sharing that story. At a certain time in my life, hearing or reading “Jesus loves you” had a deep and profound impact on my heart. I started adding it to my signature on notes, though some thought it trite or corny.

Perhaps I should do it again!



Daniel

Several years ago I was the leader in my church instructing someone in the Rite of Christian Initiation of Adults.

Each week I had to prepare a talk on some aspect of the Church’s teaching.

I would always say the prayer to the Holy Spirit before beginning and without fail He always enabled me to open the bible at the right page for a quote on what I was going to be talking about.

The fellow did become a convert.

I will never forget the guidance the Holy Spirit gave me. It was awesome!