

THE QUICK PRAYER

Cardinal Mercier said: "I am going to reveal to you the secret of sanctity and happiness. Every day for five minutes control your imagination and close your eyes to the things of sense, and your ears to the noises of the world, in order to enter into yourself. Then, in the sanctity of your baptized soul (which is the temple of the Holy Spirit), speak to that Divine Spirit, saying to Him:

***" Oh Holy Spirit, beloved of my soul, I adore You.
Enlighten me, guide me, strengthen me, console me.
Tell me what I should do.
Give me Your orders.
I promise to submit myself to all that You desire of me,
and accept all that You permit to happen to me.
Let me only know Your will."***

"If you do this, your life will flow along happily serenely, and full of consolation, even in the midst of trials. Grace will be proportioned to the trial, giving you strength to carry it, and you will arrive at the Gate of Paradise laden with merit. This submission to the Holy Spirit is the *secret of sanctity and peace.*" **Try it.**

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The Holy Spirit Within Us



"OH HOLY SPIRIT, BELOVED OF MY SOUL, I ADORE YOU..."

The Holy Spirit Within Us

by Dr. Rosalie Turton

Sometimes some rather extraordinary things happen to me and to the people in my company. Someone said, "Oh, you must all be so holy to have *that* happen!" Well, admittedly, what happens is clearly from God . . . but why? I know that we are not holy, and like most folks, we are struggling to overcome our many failings and weaknesses.

Why then, these gifts from God? I know that we are unworthy to receive them, and if we think that we are holy, (although we want to be. . . For it is our fondest desire), it could be a gross sin of pride. So, why these obvious manifestations?

Ah, I think that I figured it out. It is because God knows that I will *write about it*, and maybe some of our readers will gain a few spiritual benefits from the particular incident being related.

ANOTHER EXPERIENCE

So I must tell you again about something that happened. Throughout the *Year of the Priest*, one good woman invited some folks to come to her home once a month to pray for priests... and we did. On the last meeting of the year, some of us gathered together as usual. But that evening, some "unusual" things happened.

First of all, *every one* of us encountered a rather strong reason not to come to that prayer meeting, but at the last moment, each one of us experienced a change of mind. At the beginning of the meeting, we discussed it and laughed about it. It had never happened before.

During the course of that meeting, other things happened, which made us realize that this *was not* an ordinary night.

Then, at the end of the meeting, the hostess read aloud a randomly selected prayer. It was as follows:

Prayer to the Holy Spirit

Come Holy Spirit.

Replace the tension within us with a holy relaxation.

Replace the turbulence within us with a sacred calm.

Replace the anxiety within us with a quiet confidence.

Replace the fear within us with a strong faith.

Replace the bitterness within us with the sweetness of grace.

Replace the darkness within us with a gentle light.

Replace the coldness within us with a loving warmth.

Replace the night within us with Your light.

Replace the winter within us with Your Spring.

Straighten our crookedness. Fill our emptiness.

Light the fires of our love. Quench the flames of our lust.

Dull the edge of our pride. Sharpen the edge of our humility.

Let us see ourselves as You see us, that we may see You, as You have promised, and be fortunate according to Your Word:

"Blessed are the pure of heart, for they shall see God."

Most Holy Spirit, beloved of my soul. I do adore Thee. Enlighten me, strengthen me, guide me, comfort me, console me. I promise to accept and do all that You desire of me. Give me Your orders; tell me what to do.

Most Holy Spirit, bring Peace to the world. +++

A SHORT SPIRITUAL EXERCISE

After the hostess had read this prayer, I said, "Someone *just gave me a prayer*, to say before five minutes of quiet meditation. It is very similar. May we do it? *I providentially have a copy of it with me!*" ...They agreed.

The prayer was meaningful to me for two reasons. First: *because it worked*, and Second: *because it was suggested by a man I believed to be very holy*, Cardinal Mercier, who so ardently promoted devotion to the *Sorrowful* and Immaculate Heart of Mary.

I began to incorporate that short period of time into my daily schedule, almost with an eagerness, because I came away from those five minutes with a greater sense of understanding and peace. I was quite amazed... *and this time, so were they!*

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