

Korean-American  
**The Life in the Spirit Seminars**

# **Receive the Holy Spirit**



Korean Service Committee of  
the Catholic Charismatic Renewal in the Americas

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## To all who answered their call to the Life in the Spirit Seminars

Be happy for we have been invited to the Life in the Spirit Seminars! As young adults we are busy balancing the demands of school, career, family and friends. Sometimes unknowingly our faith starts to lag behind. Yet now by God's grace, we've been given this time to discover what God the Father, Jesus Christ the Son and the Holy Spirit offers to us. Certainly the Holy Spirit is with us from Baptism, though often we aren't able to feel God's touch because we close ourselves in a secure box called Ego. Consequently, by our choice the work of God is restricted. However, because God loves us so much He doesn't accept our response as definitive. He never gives up on us. He reaches out to us, inviting us to come closer to Him. Today, He is continuing to speak to us in a soft and gentle voice that only our hearts can hear.

"My beloved children open your hearts to me, so I can give my love to you abundantly. I want you to feel my love so that you will live in me and experience true happiness. I invite you here and ask you to just open your hearts. Open the door for me to come in."

God only asks us to open ourselves to Him and then He'll take care of the rest. My dear friends, can we refuse? Still we may have questions. These seminars are only the beginning. The root of these seminars is found in Scripture. The Bible especially The Acts of the Apostles shows us of the many miraculous works the disciples performed once they were converted and led by the power of the Holy Spirit. Today the Spirit works no differently for God is always present and with us. So, let's approach our loving Father as we are. While opening our hearts a bit more widely, let's offer ourselves to the Lord so that the Holy Spirit can work within us.

**In doing so, we will certainly receive His abundant gifts and the richness of a new life in the Spirit which God promised to us.**

**"I know about your activities: how you are neither cold nor hot. I wish you were one or the other, but since you are neither hot nor cold, but only lukewarm," (Rev 3:15-16)**

## Guide Lines

Respect each other and their time to “retreat”

Respect others’ time for prayers and reflection

Respect others’ time for rest at night

Let’s try to follow the schedule as planned.

Let’s all limit ourselves to the building as much as possible so we can notify everyone of schedule easily.

At night, we all need to stay inside due to building security.

Take advantage of the opportunity to spend time with God and yourself. Try to focus your energy on a personal relationship with God vs. Things you can do in your every day life.

(e.g. Sports, personal phone calls, pagers, etc.)

Please remember not to smoke indoors.

# The Opening Mass

## Entrance antiphone

All nations, clap your hands. Shout with a voice of joy to God.

## Opening prayer

Father, you call your children to walk in the right of Christ. Free us from darkness and keep us in the radiance of your truth. We ask this through our Lord Jesus Christ, your son, who lives and reigns with you and Holy Spirit, one God, forever and ever.

## First reading

A reading from the book of Exodus (Exodus 34: 5-6, 8-9)

Having come down in a cloud, the Lord stood with him there and proclaimed his name, "Lord."

Thus the Lord passed before him and cried out,

"The Lord, the Lord, a merciful and gracious God, slow to anger and rich in kindness and fidelity,

Moses at once bowed down to the ground in worship.

Then he said, "If I find favor with you, O Lord, do come along in our company. This is indeed a stiff-necked people; yet pardon our wickedness and sins, and receive us as your own."

● The Word of the Lord                      ◎ Thanks be to God

## Responsorial psalm (Psalm 25: 4-5, 6-7, 8-9, ◎6)

◎ Remember your compassion and love, O LORD; for they are ages old.

● Make known to me your ways, LORD; teach me your paths.

Guide me in your truth and teach me, for you are God my savior. For you I wait all the long day, because of your goodness, LORD. ◎

● Remember your compassion and love, O LORD; for they are ages old.

Remember no more the sins of my youth; remember me only in light of your love. ◎

● Good and upright is the LORD, who shows sinners the way,

Guides the humble rightly, and teaches the humble the way. ◎

## Second reading

A reading from the Acts of the Apostles (Acts 19: 1-8)

While Apollos was in Corinth, Paul traveled through the interior of the country and came (down) to Ephesus where he found some disciples.

He said to them, "Did you receive the Holy Spirit when you became believers?" They answered him, "We have never even heard that there is a Holy Spirit."

He said, "How were you baptized?" They replied, "With the baptism of John."

Paul then said, "John baptized with a baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus."

When they heard this, they were baptized in the name of the Lord Jesus.

And when Paul laid (his) hands on them, the holy Spirit came upon them, and they spoke in tongues and prophesied.

Altogether there were about twelve men.

He entered the synagogue, and for three months debated boldly with persuasive arguments about the kingdom of God.

But when some in their obstinacy and disbelief disparaged the Way before the assembly, he withdrew and took his disciples with him and began to hold daily discussions in the lecture hall of Tyrannus.

● The Word of the Lord                      ◎ Thanks be to God.

### **Gospel acclamation**

◎ Alleluia, alleluia, alleluia

● Our Savior Jesus Christ destroyed death and brought life through the Gospel. ◎

### **Gospel**

A reading from the Holy Gospel according to John (John 3: 16-18)

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.

For God did not send his Son into the world to condemn the world, but that the world might be saved through him.

Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God.

● The Gospel of the Lord.                      ◎ Praise to you, Lord Jesus Christ.

### **Prayer over the gifts**

Lord God, through your sacraments you give us the power of your grace. May this Eucharist help us to serve you faithfully. We ask this in the name of Jesus the Lord.

### **Communion rite**

Oh bless the Lord, my soul and all that is within me, bless his holy name.

### **Prayer after communion**

Lord, through this Eucharist send the Holy Spirit of Pentecost in our hearts to keep us always in your love. We ask this through Christ our Lord.

# Mass of The Sacred Heart

## Entrance antiphone

The thought of his heart last through every generation, that he will rescue them from death and feed them in time of famine.

## Opening prayer

Lord God, give us the strength and love of the heart of your son that, by one with him we may have eternal salvation. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

## First reading

A reading from the book of Isaiah (Isaiah 49: 13-15)

Sing out, O heavens, and rejoice, O earth, break forth into song, you mountains. For the Lord comforts his people and shows mercy to his afflicted.

But Zion said, "The Lord has forsaken me; my Lord has forgotten me."

Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget, I will never forget you.

● The Word of the Lord                      ◎ Thanks be to God

## Responsorial psalm (Psalm 33: 2-3, 4-5, 6-7)

◎ Taste the goodness of the Lord.

● Give thanks to the Lord on the harp; on the ten-stringed lyre offer praise.

Sing to God a new song; skillfully play with joyful chant. ◎

● For the Lord's word is true; all his works are trustworthy.

The Lord loves justice and right and fills the earth with goodness. ◎

● By the Lord's word the heavens were made; by the breath of his mouth all their host.

The waters of the sea were gathered as in a bowl; in cellars the deep was confined. ◎

## Second reading

A reading from the letter of St. Paul to the Ephesians (Ephesians: 3: 14-19)

For this reason I kneel before the Father,

from whom every family in heaven and on earth is named,

that he may grant you in accord with the riches of his glory to be strengthened with power through his Spirit in the inner self,

and that Christ may dwell in your hearts through faith; that you, rooted and grounded in love,

may have strength to comprehend with all the holy ones what is the breadth and length and height and depth,  
and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

● The Word of the Lord                      © Thanks be to God.

**Gospel acclamation** (Psalm 129: 5-7)

© Alleluia, alleluia, alleluia

● May they be scattered in disgrace, all who hate Zion.

May they be like grass on the rooftops withered in early growth,

Never to fill the reaper's hands, nor the arms of the binders of sheaves, ©

**Gospel**

A reading from the Holy Gospel according to John (John 5: 24-26)

Amen, amen, I say to you, whoever hears my word and believes in the one who sent me has eternal life and will not come to condemnation, but has passed from death to life.

Amen, amen, I say to you, the hour is coming and is now here when the dead will hear the voice of the Son of God, and those who hear will live.

For just as the Father has life in himself, so also he gave to his Son the possession of life in himself.

● The Gospel of the Lord.                      © Praise to you, Lord Jesus Christ.

**Prayer over the gifts**

Pray, brethren ---

Father of mercy, in your great love for us you have given us your only Son. May he take us up into his own perfect sacrifice, that we may offer you fitting worship. We ask this through Christ our Lord.

**Communion rite**

The Lord says: If anyone is thirsty, let him come to me; whoever believes in me let him drink. Streams of living water shall flow out from within him.

**Prayer after communion**

Lord, we have received your sacrament of love. By becoming more like Christ on earth, may we share his glory in heaven, where he lives and reigns for ever and ever.

Amen.

# Mass for Forgiveness of Sins

## Entrance antiphone

God himself is my help. The Lord upholds my life. I will offer you a willing sacrifice ; I will praise your name, Oh Lord, for its goodness.

## Opening prayer

Lord, hear the prayers of those who call on you, forgive the sins of those who confess to you, and in your merciful love give us your pardon and your peace. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

## First reading

A reading from the book of Sirach (Sir 28: 1-7)

The vengeful will suffer the Lord's vengeance, for he remembers their sins in detail. Forgive your neighbor's injustice; then when you pray, your own sins will be forgiven. Should a man nourish anger against his fellows and expect healing from the Lord? Should a man refuse to mercy to his fellows, yet seek pardons for his own sins? If he who is but flesh cherishes wrath, who will forgive his sins? Remember your last days, set enmity aside; of the Most High's covenant, and overlook faults.

● The Word of the Lord.            ◎ Thanks be to God.

## Responsorial psalm

◎ Oh! Lord, Be merciful!

● Lord, for we have sinned. ◎

● Have mercy on me, God, in your kindness; in the greatness of your compassion wipe out my offense.◎

● Wash me from my guilt and of my sin cleanse me ◎

● For I know my offense and my sin is always before me, against you alone have I sinned; I have done such evil in your sight. ◎

● A pure heart create for me ◎

● God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. ◎

● Give me again the joy of your help; with a spirit of fervor sustain me, O Lord, open my lips and my mouth shall declare praise. ◎

## Second reading

A reading from the first letter of St. John (1 John 1: 5-10, 2: 1-2)

Now this is the message that we have heard from him and proclaim to you: God is light, and in him there is no darkness at all. If we say, "We have fellowship with him", while we continue to walk in darkness, we

lie and do not act in truth. But if we walk in the light as he is in the light, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin. If we say, "We are without sin," we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrong doing. If we say, "We have not sinned," we make him a liar, and his word is not in us. May children, I am writing this to you so that you may not commit sin. But if anyone does sin, we have an Advocate with the Father, Jesus Christ the righteous one. He is expiation for our sins and not for our sins only but for those of the whole.

● The Word of the Lord.            © Thanks be to God.

### **Gospel acclamation**

© Alleluia, alleluia, alleluia

● Peter went out and wept bitterly. ©

### **Gospel**

A reading from the Holy Gospel according to Luke (Luke 22: 54-62)

After arresting him they led him away and took him into the house of the high priest; Peter was following at a distance.

They lit a fire in the middle of the courtyard and sat around it, and Peter sat down with them.

When a maid saw him seated in the light, she looked intently at him and said, "This man too was with him."

But he denied it saying, "Woman, I do not know him."

A short while later someone else saw him and said, "You too are one of them"; but Peter answered, "My friend, I am not."

About an hour later, still another insisted, "Assuredly, this man too was with him, for he also is a Galilean."

But Peter said, "My friend, I do not know what you are talking about." Just as he was saying this, the cock crowed,

and the Lord turned and looked at Peter; and Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times."

He went out and began to weep bitterly.

● The Gospel of the Lord.            © Praise to you, Lord Jesus Christ.

### **Prayer over the gifts**

Lord, bring us closer to salvation through these gifts which we bring in your honor. Accept the perfect sacrifice you have given us, bless it as you blessed the gift of Abel.

### **Communion rite**

I stand at the door and knock, says the Lord. If anyone hears my voice and opens the door I will come in

and sit down to supper with him, and he with me.

**Prayer after communion**

Merciful Father may these mysteries give us new purpose and bring us to new life in you. We ask this in the name of Jesus the Lord.

# Thanksgiving Mass

## The Solemnity of the Holy Spirit

### Entrance prayer antiphone

Blest be God the Father and his only-begotten son and the Holy Spirit: for he has shown that he loves us.

### Opening prayer

Let us pray (to the one God, Father, Son and Spirit, that our lives may bear witness to our faith) Father, you sent your Word to bring us truth and your Spirit to make us holy. Through them we come to know the mystery of your life. Help us to worship you, one God in three Persons, by proclaiming and living our faith in you. Grant this through our Lord Jesus Christ, your son, who lives, and reigns with you and the Holy Spirit, one God, forever and ever. ☉ Amen

### First reading

A reading from the Acts of the Apostles (Acts 2: 37-39, 41-42)

Now when they heard this, they were cut to the heart, and they asked Peter and the other apostles, "What are we to do, my brothers?"

Peter (said) to them, "Repent and be baptized, <sup>z</sup> every one of you, in the name of Jesus Christ for the forgiveness of your sins; and you will receive the gift of the holy Spirit.

For the promise is made to you and to your children and to all those far off, whomever the Lord our God will call."

Those who accepted his message were baptized, and about three thousand persons were added that day. They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers.

☉ The Word of the Lord.                      ☉ Thanks be to God

### Responsorial psalm

☉ Glory and praise for ever! (Deuteronomy 3)

☉ Blessed are you, O Lord, the God of our fathers, praiseworthy and exalted above all forever, and blessed is your holy and glorious name, praiseworthy and exalted above all for all ages. ☉

☉ Blessed are you in the temple of your holy glory, praiseworthy and glorious above all forever. ☉

☉ Blessed are you on the throne of your kingdom, praiseworthy and exalted above all forever. ☉

☉ Blessed are you who look into the depths from your throne upon the cherubim, praiseworthy and exalted above all forever. ☉

### Second reading

A reading from the second Letter of Saint Paul to the Corinthians (1 Cor 12: 3-7, 12-13)

Therefore, I tell you that nobody speaking by the spirit of God says, "Jesus be accursed." And no one can say, "Jesus is Lord," except by the Holy Spirit.

There are different kinds of spiritual gifts but the same Spirit;

there are different forms of service but the same Lord;

there are different workings but the same God who produces all of them in everyone.

To each individual the manifestation of the Spirit is given for some benefit.

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ.

For in one Spirit we were all baptized into one body, whether Jews or Greeks, slaves or free persons, and we were all given to drink of one Spirit.

● The Word of the Lord.                      ◎ Thanks be to God.

### **Alleluia**

◎ Alleluia, alleluia, alleluia

● The Holy Spirit, whom the Father will send in my name, will remind you of all that I told you. ◎

### **Gospel**

A reading from the Holy Gospel according to John (John 14: 16-17, 25-26)

And I will ask the Father, and he will give you another Advocate to be with you always,

the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you.

"I have told you this while I am with you.

The Advocate, the Holy Spirit that the Father will send in my name--he will teach you everything and remind you of all that (I) told you.

● The Gospel of the Lord. ◎ Praise to you, Lord Jesus Christ.

### **Prayer over the Gifts**

Lord, may the Spirit you promised lead us into all truth and reveal to us the full meaning of this sacrifice.

Grant this through Christ our Lord. Amen.

### **Communion rite**

On the last day of festival, Jesus stood up and cried aloud. If anyone is thirsty let him come to me and drink, alleluia.

### **Prayer after communion**

Lord, through this Eucharist, Send the Holy Spirit of Pentecost into our hearts to keep us always in your

love. We ask this through Christ our Lord.

# Commencement Mass

## Entrance antiphone

The love of God has been poured into our hearts by his Spirit living in us, Alleluia.

## Opening prayer

Lord, send us your Holy Spirit to help us walk in unity of faith and grow in the strength of his love to the full stature of Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

## First reading

A reading from the book of Isaiah (Is 61: 1-3a, 6a, 8b-9)

The spirit of the Lord God is upon me, because the Lord has anointed me; He has sent me to bring glad tidings to the lowly, to heal the brokenhearted, to proclaim liberty to the captives and release to the prisoners, to announce a year of favor from the Lord and a day of vindication by our God, to comfort all who mourn; to place on those who mourn in Zion a diadem instead of ashes, to give them oil of gladness in place of mourning, a glorious mantle instead of a listless spirit. You, yourselves, shall be named priests of the Lord, ministers of our God you shall be called. I will give them their recompense faithfully, a lasting covenant I will make with them. Their descendants shall be renowned among the nations, and their offspring among the peoples; all who see them shall acknowledge them as a race the Lord has blessed.

● The Word of the Lord                      ◎ Thanks be to God.

## Responsorial psalm

◎ I will proclaim your name to my brothers.

● I will tell of your name to my brethren and praise you where they are assembled. 'You who fear the Lord give him praise; all sons of Jacob give him glory.

● You are my praise in the great assembly. My vows I will pay before those who fear him. The poor shall eat and shall have their fill. They shall praise the Lord, those who seek him. May their hearts live forever and ever! ◎

● All the earth shall remember and return to the Lord, all families of the nations worship before him. And my soul shall live for him, my children serve him. They shall tell of the Lord to generations yet to come, declare his faithfulness to peoples yet unborn. These things the Lord has done. ◎

## Second Reading

A reading from the Acts of the Apostles (Acts 1: 6-8)

When they had gathered together they asked him, "Lord, are you at this time going to restore the kingdom to Israel?" He answered them, "It is not for you to know the times or seasons that the Father has established by his own authority. But you will receive power when the Holy Spirit comes upon you, and

you will be my witnesses in Jerusalem, throughout Judea and Samaria, and to the ends of the earth.”

● The Word of the Lord.                      ◎ Thanks be to God.

### **Gospel acclamation**

◎ Alleluia, alleluia, alleluia.

● Love one another as I have loved you. ◎

### **Gospel**

A reading from the Holy Gospel according to John (John 15: 9-17)

Jesus said to his disciples:

“As the Father has loved me, so I have loved you. Live on in my love. You will live in my love if you keep my commandments, even as I have kept my Father’s commandments, and live in his love. All this I tell you that my joy may be complete. This is my commandments:

Love one another as I have loved you. There is no greater love than this:

To lay down one’s life for one’s friends. You are my friends if you do what I command you. I no longer speak of you as slaves, for a slave does not know what his master is about. Instead, I call you friends, since I have made known to you all that I heard from my Father. It is not you who chose me, it was I who chose you to go forth and bear fruit. Your fruit must endure, so that all you ask the Father in my name he will give you. The command I give you is this, that you love one another.

● The Gospel of the Lord. ◎ Praise to you, Lord Jesus Christ.

### **Prayer over the Gifts**

Lord, may the Spirit you promised lead us into all truth and reveal to us the full meaning of sacrifice.

Grace this through Christ our Lord.

### **Communion rite**

They were all filled with the Holy Spirit and they spoke of great things God had done, alleluia.

### **Prayer after communion**

Father, may the food we receive in the Eucharist help our eternal redemption. Keep within us the vigor of your spirit and protect the gifts you given to your church. We ask this in the name Jesus the Lord.

## Lecture 1

### God's love

This is about a simple presentation of God's life, God's unconditional love and the ongoing personal invitation to a relationship with God. God is love and offers us the fullness of life and holiness.

During the life in the Spirit Seminar we will look at God's invitation to enter into this love and to choose the saving presence of Jesus Christ, as well as the life of God's Holy Spirit.

God has begun this new life in us through the sacraments of Baptism, confirmation and Eucharist. We will experience the discovery of God's personal love in our life.

**“For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”(John 3: 16)**

**“God is love.”(1 John 4; 16)**

God is showing us his unconditional love and allowing a free gift by his grace, if we believe in God, we will have eternal life. God is not the one at so far away where I cannot reach. God is not the one who watches over me to punish when I do something wrong either. God is the one who really loves me, and cares about my true happiness, because God is love. He talks to us, and waits for us to come closer to him. We can realize how much he loves us. He wants to have a personal relationship with us. God wants to communicate with us and does not want us to separate us from Him.

**Can a mother forget her infant, be without tenderness for the child of her womb? Even should she forget I will never forget you. (Isaiah 49: 15)**

Christ is the symbol of love. Our human nature is to sin but through Christ undying love he can save our sins. God's love is forever and he will never forsake us. God is in control of our lives. God never changes. His word of love is the gospel, which we call the good news. The gospel is the word from God in which He saves us from our sins. God's word is the truth and it is different than philosophy or theory. By God's power he can save us from our sins. Salvation is a gift from God as we accept Him as our personal savior. Accepting His gift we are His children – This is God's promises from us which is Good news. We have received this gift through baptism.

**But to those who did accept him he gave power to become children of God, to those who believe in his name, who were born not by natural generation nor by human choice nor by a man's decision but of God. (John 1: 12-13)**

## Lecture 2

### Salvation

God send Jesus, His Son, to give us new life. Jesus reveals the Father's love for us. Through His life, death and resurrection Jesus is Shepherd, Healer, Lord and Savior. Jesus invites us into his Kingdom, a new way of life, a gift of redemption. We are created in God's image, but fallen and tarnished. We are all sinners. Jesus offers forgiveness and restoration for each of us and for the whole world. We need God and have a choice to make in order to live this new life. Each day, we must answer the Scriptural question Jesus asked Peter, "Who do you say that I am?" When we were baptized, no matter how long ago, vows were made as part of the sacrament.

**He himself bore our sins in his body upon the cross, so that, free from sin, we might live for righteousness. By his wounds you have been healed. (1 Peter 2: 24)**

Through God's unconditional love and by accepting His gift of love we will continue to be blessed as children of God. We cannot receive salvation through our own efforts. It can only be received through His death on the cross so that we can restore our personal relationship with Him. So God send Jesus, His Son, to die on the cross for our sins. Jesus Christ gave His life for our salvation.

**They are justified freely by his grace through the redemption in Christ Jesus, whom God set forth as an expiation, through faith, by his blood, to prove his righteousness because of the forgiveness of sins previously committed, through the forbearance of God - to prove his righteousness in the present time, that he might be righteous and justify the one who has faith in Jesus. (Roman 3: 24-26b)**

We were able to be free from the sin through God's love, a saved man; there are still things such as the world rulers of the darkness and the evil spirit in the heavens we cannot overcome with our own efforts. **For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. (Ephesians 6; 12)**

Only with the cross of Christ we can overcome those powerful evil spirits that are presenting at this moment and continuously tempting us to commit a sin. It will be the cross of Christ that can only bring us the triumph. The cross of Christ is our salvation. God saved you and me through the death of His Son, Jesus Christ.

**Obligating the bond against us, with its legal claims, which was opposed to us, he also removed it from our midst, nailing it to the cross, despoiling the principalities and the powers, he made a public spectacle of them, leading them away in triumph by it. (Colossians 2; 14-15)**

**He delivered us from the power of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. (Colossian 1: 13-14)**

## Lecture 3

### New life

The Father offers new life to all. Jesus came into the world to bring life. Jesus surrendered to the Spirit during His baptism in the Jordan, and gives the Holy Spirit, as the source of this new life for His disciples. Jesus is a model for accepting the Holy Spirit, who is our helper and our strength. When we accept the life in the Spirit, we are given the power to follow Christ and serve as members of the Body of Christ.

**It happened in those days that Jesus came from Nazareth of Galilee and was baptized in the Jordan by John. On coming up out of the water he saw the heavens being torn open and the Spirit, like a dove, descending upon him,. And a voice came from the heavens, “You are my beloved Son, with you I am well pleased.” (Mark 1:9-11)**

The Gospels preaches us that Christ baptize us in the Spirit. (Matthew 3; 11, Mark1; 18, Luke 3; 16, John 1; 33) We finally can enter into the new life by accepting the Spirit in us. Jesus promised to give the Holy Spirit as a source of the new life for His disciples. Jesus also told us that no one can enter the Kingdom of God without being born of water and the Spirit. The Spirit that we received through the baptism is in us and gives us life. In other words, when we accept the life in the Spirit, we are given the power to follow Christ and serve as members of the Body of Christ. The Spirit is the Father's love.

**And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth, which the world cannot accept, because it neither sees nor knows it. But you know it, because it remains with you, and will be in you. (John 14: 16-17)**

Pentecost was the first day that the Spirit took hold of the followers of Christ as a group, and came to stay. From that very moment, they became new men and lived new life; they were changed not only in understanding what Jesus taught but also the way they act and speak, they were living along with the Holy Spirit. That was the first time the Spirit's power was there in anyone who followed Christ, not just the Twelve. We can also be the changed men, living new life, by accepting the Holy Spirit just as what they experienced in early church. Once we receive salvation and realize how much God loves us, God gives us not only the new life through the Holy Spirit but other gifts. It means ongoing and ever deepening spiritual life. It means a lifetime of graces, fruits, gifts, and charismas rooted in our sacramental Baptism and confirmation. Unfortunately many of us are not experiencing this yet. There is always more of God's life and Spirit. We are invited here to experience a new and more vital relationship with God.

**A thief comes only to steal and slaughter and destroy, I came so that they might have life and have it more abundantly. (John 10: 10)**

## Lecture 4

### Receiving God's Grace / Turning to God

Living the new life God has begun in us through the Sacraments of Initiation (Baptism, Confirmation and Eucharist) involves falling in love with Jesus. Just as Jesus abandoned Himself to the Father and the Spirit with complete trust, so must we. Jesus gives us the gifts of faith, surrender, repentance and attentiveness to the Spirit. Following Jesus involves turning toward God and away from all those things that block our relationship with God. Jesus must be our only Lord. God gives us the Sacrament of Reconciliation to help us return to God. As we turn toward God and surrender our lives, then the Spirit fills us with new life. There is a new fire that burns within our hearts, and a river of life in our souls that constantly refreshes and sustains us. Mary is an example of surrender to God. The Catholic understanding of receiving the Spirit is based in the events of Easter and Pentecost, as well as a dynamic understanding of the Sacraments of Initiation, especially Confirmation.

**Jesus answered, 'Those who drink the water that I will give them will never be thirsty again. The water that I will give them will become in them a spring which will provide them with life giving water and give them eternal life.'**  
**(John 4: 13-14)**

We received the Holy Spirit and the Sacraments through baptism and confirmation. However, we often do not perceive the Holy Spirit within us not knowing how well the gifts from the Spirit or how to use them either. We do not need to be worried because God is with us. We have the Lord calling us to return to Him. All we need is to turn and come back to the Father because He loves us unconditionally. We do not need to be in doubt whether we could be filled with the Spirit. We only need to depend on God and listen to Him as if a child depends on its parents. God wants to give us the Holy Spirit not because we are eligible to receive but because He unconditionally loves us. God became a man and died on the cross for our sins to give us the Holy Spirit.

Saint Peter preached to the Israel people on the Pentecost according to Scriptures.

**'Then afterward I will pour out my spirit upon all mankind. Your sons and daughters shall prophesy, your old men dream dreams, your young men shall see visions.'****(Joel 3: 1)**

Saint Peter asked them to repent and be baptized in the name of Jesus Christ; they will receive the gift of the Holy Spirit.

What is the repentance? According to Luke, the repentance can be described as a son once left come back to his father. (Luke 15; 11 – 32) The repentance is turning back toward the Father confessing how we lived our lives against the Father's will, and confessing how hard life we lived away from the Father. The repentance means humbly turn toward God and surrender our lives. Our Father is almighty and able to do anything. He is waiting for us to give the best. Our Father still waits for us to return. The fastest way is to surrender to Him as we can see in the example of Mary.

**Mary said, "Behold, I am the Servant of the Lord. Let it be done to me as you say."With that the angel left her. (Luke 1: 38)**

## Lecture 5

### Praying for the Baptism in the Holy Spirit

**When the time for Pentecost was fulfilled, they were all in one place together, And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit. They began to express themselves in different tongues, as the Spirit enabled them to proclaim. (Acts 2:1-4)**

On the day of Pentecost, as Mary and the followers of Christ witnessed the resurrected Jesus with full of the Holy Spirit, today, we want to receive and born again through the Holy Spirit as God's children. Today is our Pentecost.

The fruits of the Spirit may be evidenced in our life in new and very specific ways. The Grace of God and manifestations of the Holy Spirit given for the benefit of the whole Body of the Church are experienced. We are equipped to serve the people of God and to be witnesses to Jesus Christ in the world in new and specific ways. We are each members of the Body of Christ, called to serve the Church in special ways; the Holy Spirit empowers us with charisma to carry out our role.

**Amen, amen, I say to you, whoever hears my word and believes in the one who sent me has eternal life and will not come to condemnation, but has passed from death to life. Amen, amen I say to you, the hour is coming and is now here when the dead will hear the voice of the Son of God, and those who hear will live. (John 5: 24-25)**

Now let us renew our pledge for the faith and pray to be baptized in the Spirit. Let us also humbly pray for being accepted as God's children. We forgive those who once hurt us and must expel the most injurious passion, hatred, from our hearts. We will open our heart to God so that He can work in us through the power of the Holy Spirit. Today is the day that God promised us.

**Exalted at the right hand of God, he received the promise of the Holy Spirit from the Father and poured it forth, as you (both) see and hear. (Acts 2: 33)**

As we begin new life today, we are converted by the power of the Spirit; we are full of love toward the Father and also toward each other. We truly believe that the Holy Spirit is working in each of us in new way. We shall depend on our Father, and always have full of love, peace, rejoice, and thankfulness in our hearts. With the Holy Spirit in us God liberated us as He promised.

**But when he comes, the Spirit of truth, he will guide you to all truth. He will not speak on his own, but he will speak what he hears, and will declare to you the things that are coming. He will glorify me, because he will take from what is mine and declare it to you. (John 16: 13-14)**

## Lecture 6

### Growth in the Spirit

In order to receive the Holy Spirit in His fullness, it is necessary to remove all obstacles that would block this reception. To prepare as best we can, it is necessary and important to be reconciled to God and to each other. In a culture which denies the existence of sin, many have come to accept or ignore the sin in their life. It is about the importance of the forgotten sacrament of Reconciliation and is a reminder that if there is grievous sin present in our lives, it must be taken into the confessional, repented of and the sin will be forgiven. It gives us the opportunity to look into our lives. Different kinds of sin will be outlined, as well as the reality that sin is man's rejection of God. The Church's position on original sin will be explained as it applies to mankind's overwhelming misery, which progresses us, and our inclinations toward evil and death.

**I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. (John 15: 5)**

Let us rejoice in being born again by accepting the Holy Spirit through the Baptism in the Spirit. We now all feel that the Holy Spirit is working in each of us. We are surely joyful of the new life in the Spirit regardless of individual differences. It might be different than what you have been expecting, but we must be thankful for what God gave us because God chose the best thing for us to give at the proper time in the best way possible. He may give us what we need, not what we want. We must humbly accept and give thanks for what is offered for us. We may misunderstand that we have achieved everything by just accepting the Holy Spirit in us, but this is merely the first step in the journey to realizing God's purpose for us. We just planted a seed in us. It is important to bring up like a tender plant, grow our faith, as if taking care of new born baby.

**No one sews a piece of unshrunk cloth on an old cloak. If he does, its fullness pulls away, the new from the old, and the tear gets worse. Likewise, no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the skins are ruined. Rather, new wine is poured into fresh wineskins." (Mark 2; 21 - 22)**

It is important to be reconciled to God in order to keep and grow our new life in the Spirit. We must always stay with Christ who guides us through the Holy Spirit. We can be with him by praying, reading the scriptures, or serving our neighbors within the communities. We can be empowered and continuously grow strong by Holy Communion in which Christ works in our lives through the presence and the power of the Holy Spirit. We, however, need to be cautious about being wrapped up in ourselves and trying to stand on our own dignity because we are human easily being tempted. This is an indication of that we are going wrong direction. We do not want this happening to us. We must listen to what the Spirit in us telling us, depending on God, following where He leads us. That is how we grow in the Spirit.

**Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me.**

## Lecture 7

### Transformation in Christ

It is important to choose the basic means to growth in intimacy with God, especially prayer, scripture, study, community, the sacraments and service. We should spend time with the Lord through prayer, reading the Scriptures and study.

The Holy Spirit is at work to transform us and make us holy. The gifts and charismas of the Spirit help us carry on the mission of Jesus. Trials and difficulties are a normal part of the Christian life cycle. Persevere in the life in the spirit within the body of Christ.

**It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another. (John 15; 16a, 17)**

The Holy Spirit started work amazing things in us. The Holy Spirit is at work to transform us so that we become more and more holy as we are conformed to the image of God. This is a work that continues throughout our Christian life. Though the Holy Spirit's work of sanctification is a God-given grace, it is also a duty that depends on us. In order to experience the fullness of the Holy Spirit's work in our lives, we must respond in obedience to His leading and direction. Now, we must always remember that we have Jesus Christ in each of us. He showed us the way that we must follow through. "Whoever wishes to come after me must deny oneself, take up his/her cross, and follow me." (Mark 8; 34) We do not need to be controlled by the sinful nature in us now. We can let the Holy Spirit to take control of our lives. But we have the responsibility to make the choice. We must make choice not to take side with the sinful nature but become partner with the Holy Spirit. "We even boast of our afflictions, knowing that affliction produces endurance." (Rome 5; 3) "Consider it joy, my brothers, when you encounter various trials." (James 1; 2) The power to overcome the sinful nature comes from the Holy Spirit.

**Yet I live, no longer I, but Christ lives in me; insofar as I now live in the flesh, I live by faith in the Son of God who has loved me and given himself up for me. (Galatians 2; 20)**

Our goal from now on is to transform to the image of God. It is only possible by living like Him. After Jesus received the Holy Spirit, He followed, preached, and showed miracles as the Holy Spirit leads. He suffered for our sins but overcame through the power of the Holy Spirit, and finally died on the cross. Because God knows how vulnerable being we are, He will lead us in proper way.

The most important step to gain victory over the sin nature in us is to live in constant fellowship with the Holy Spirit. To live a victorious life, we, the believers, need to recognize this great reality. God's eternal Spirit dwells within us permanently. He bears witness with our spirits that we are now children of God. We know intuitively that God is our Father. He belongs to us and we belong to Him.

**For to you have been granted, for the sake of Christ, not only to believe in him but also to suffer for him. (Philippians 1; 29)**