

HOW CAN WE
FOSTER INSPIRATIONS FROM THE
HOLY SPIRIT



GOD GRANTS
INSPIRATIONS

- Everyone's path is different, and what we do know is that God will grant the inspirations necessary for each person's own sanctification.
- Motions of the Holy Spirit are a normal part of the spiritual life.

PRACTICE PRAISE & THANKSGIVING

- Daily gratitude list
- Attitude of gratitude
- St Therese to her sister Celine: “what draws down graces from our dear Lord is gratitude, for if we thank Him for a gift, He is touched and hastens to give us 10 more...”
- This is not a calculated formula, but genuine thanks. It is a realization that ingratitude imprisons us and closes us off
- “Bless the Lord, O my soul, and forget not all his benefits” Psalm 103

GOD HAS A
PLAN
(FOR YOU)

- It's a good plan
- Trust the plan



DESIRE & ASK FOR THEM

- “Inspire me in all my decisions, and never let me neglect any of your inspirations.” Fr Jacques Philippe
- Ask and trust

RESOLVE TO REFUSE GOD NOTHING

- Determination to obey God in everything, big or little, without exception
- This means accepting where we are now
- Docility
- We will not be able to this well, but we can TRY
- Be led by love, not fear
- The devil never uses docility

PRACTICE FILIAL AND TRUSTING OBEDIENCE

- Obey the inspirations that come now
- Just start
- Be faithful to God:
 - The commandments of scripture
 - Teachings of the Church
 - Demands of our vocation

PRACTICE ABANDONMENT

- Obedience to events
- “For those who love God, everything works together for good”
Romans 8:28
- St Therese “I choose it all!”
 - Decide to choose what is not chosen

PRACTICE DETACHMENT

- “We cannot receive the motions of the Holy Spirit if we are rigidly attached to our possessions, our ideas, or our point of view.”
- Compliance and adaptability
- Neutrality

PRACTICE SILENCE AND PEACE

- The Spirit of God is a spirit of peace
- We are what we consume – what we listen to, what we read, what we watch
- We can't hear the Holy Spirit if there is chaos and noise inside
 - Pray daily
 - Adoration chapel
 - Control content

PERSEVERE IN PRAYER

- Prayer is indispensable in strengthening our determination to refuse God nothing

EXAMINE THE MOVEMENTS OF OUR HEARTS

Where are the inspirations of grace born?

- The depths of our hearts

If we live with a disposition of desire for God, inner calm, prayer, attentiveness to movements within, we can be aware of divine inspiration.

OPEN OUR HEARTS TO A SPIRITUAL DIRECTOR

- It can be hard to see inside ourselves accurately, we need someone to walk with
- Confession



TO DO
THIS WEEK

- At least once, respond to an interior movement that is a good thing. Notice how this works out.
- Journal about this



NEXT
WEEK

- How to confirm that inspirations are from the Holy Spirit