

MY DAILY JOURNEY WITH THE

HOLY SPIRIT



Rev. Fr. Oluwafemi Victor Orilua CSSp

A black and white photograph of a person standing on a hilltop, looking out over a city at dusk. The person is wearing a hoodie and pants. The city below is illuminated by lights, and the sky is dark with some clouds. The overall mood is contemplative and serene.

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“People may be drawn
to you because of your gifts,
but they will ultimately
judge you by your fruits.”

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PRE-RELEASE TESTIMONIALS

Thanks for this resource that makes a prayerful encounter with the Holy Spirit real. A text of Vatican II (*Gaudium et Spes*, 26) reinforces your submission that the Holy Spirit is at work in the evolution of the social order. Thus, with so much chaos around us: moral, political, and social, the world has great need to prayerfully invoke in the words of the Psalmist: “Send forth your Spirit, O Lord, and renew the face of the earth!” (Ps. 104:3).

Fr Ikwuka Ugo CSSp, Spiritans Provincial Superior, British Province.

This transcends an inspired daily devotional. It is real, I truly had a conversation with the Holy Spirit.

Rev Fr Innocent Igbokwe, OCD

Nnamdi Azikiwe University, Nigeria.

The Holy Spirit is the best person you could ever meet. For some, reading through these pages, it'd be a first meeting. For others, it'd be "another" meeting. Whichever one it may be for you, enjoy the meeting. This piece is beyond a book. It's an experience.

Omoaka-Iyorah Ebehi, University of Benin, Nigeria.

This booklet reassures me that if I journey with the Holy Spirit, "my desire for sin will diminish." It promises a joyful and enriching experience. I hope it reaches many hands.

Chizoba Omeje Ejnima, Scotland.

Life is spiritual, “My daily journey with the Holy Spirit invites us to bow down in humility to the power and grandeur of the Holy Spirit, who will help us to produce good fruits from the gifts we have received, as the author rightly pointed out, “People may be drawn to you because of your gifts, but they will ultimately judge you by your fruits”.

Rev. Yai Felix CSSp,

Spiritans International School of Theology, Attakwu, Enugu, Nigeria.

INTRODUCTION

This prayer guide rests on the fact that life is spiritual. The Lord said, “but the hour is coming and is now here when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him” John 4:23. The time is not a later time. It is now.

As light in darkness we need the Holy Spirit to illumine our path, lest we are overwhelmed by the darkness around us. This is a time to honour the Holy Spirit, the third Person of the Blessed Trinity, the source of life itself. The Holy Spirit is a personal companion who desires to accompany us at every moment of our lives. We should invite him to reside with us and guide our journey.

However, as part of our daily practice, each of us should reflect on a Scripture passage where the Holy Spirit revealed himself, using that same scene as inspiration to seek a unique experience of the Lord's presence in our everyday lives.

This booklet shall serve as a guide for daily covenant time with the Lord. The prayers can be said individually as a group or as a family. It comes more alive when it is used as a group.

Moreover, the Novena prayers in this booklet are designed not only for the Novena leading up to the annual Pentecost Celebration but can also be incorporated into our regular spiritual practices at any time.

THE CAVEAT

The Holy Spirit works according to his will, not ours. He cannot be conditioned or constrained. During our meditation, He may choose to speak to us before, during, or after, as He sees fit. He is not bound by our plans or schedules; instead, we must align ourselves with His.

It's essential not to create a mold or box for him to fit into. If we do, and he doesn't conform to our expectations, we risk becoming discouraged and disappointed. Let us remain open, and our lives will never remain the same.
Ashima Godwin Okonngshul

PRAYER TO THE HOLY SPIRIT

Divine Spirit, I wish to be before you as a light feather, so that your breath may carry me off where it wishes and that I may never offer it the least resistance. Amen.

Francis Mary Paul Libermann, Spiritans co-founder.



THE COMFORTER SPEAKS



Beloved, welcome. This living moment of grace is a special opportunity to connect with me. Please be open and take your time. I know you sometimes feel listless, questioning my existence or believing I only manifest myself to certain people. You might even think you are unworthy to host me or feel that I do not speak to you. I often speak to you, even through your thoughts, though you may mistake my words for yours. After this encounter, you will begin to hear me clearly, and your life will change profoundly.

Remember, during your darkest moments, when you felt I was silent or absent, I was always there. Sometimes, I allow you to have the desert experience to prepare you for greater things. Don't be discouraged; this is your period of learning.

Embrace Paul's words: "We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed" (2 Cor 4:8-9). That is my strength speaking in him. You too can draw on his courage, or better yet, learn directly from me.

Recall those times when you felt lost, like a wanderer in a strange land, when your vulnerabilities and weaknesses left you feeling ashamed, when your bruises made you feel filthy, and you thought you were beyond hope. Rest assured of my grace. My mercy far surpasses your sins. Do not worry; as we walk together, your desire for sin will diminish. You may not yet understand my long-term plans for you.

Moreover, your new garment and divine nourishment are ready, awaiting you. I have been with you from the beginning and will be there at the end. The time is now. Stay close, and everything you lost will be recovered. The time for refreshment has come.

Let us start this journey together. Stay and learn from me. Soon, you will see all the missing links in your life and understand the essential things about your existence. Welcome, beloved.

DAILY MOMENT WITH THE HOLY SPIRIT

Introductory prayers

L/ In the name of the Father and of the Son and of the Holy Spirit. Amen.

L/ Come Holy Spirit and fill the heart of your faithful

R/ And enkindle in them the fire of your love.

L/ Send forth your spirit and they shall be created.

R/ And you shall renew the face of the earth.

Let us Pray,

O God, who by the light of the Holy Spirit, did instruct the heart of the faithful, grant that in the same Holy Spirit, we may be truly wise and ever rejoice in his consolation, through the same Christ our Lord, Amen.

Opening Hymn

Come, Holy Ghost, Creator, come,
From thy bright heav'nly throne,
Come take possession of our souls,
And make them all thy own.

Thou who art called the Paraclete,
Best gift of God above,
The living spring, the living fire,
Sweet unction and true love.

Thou who art sevenfold in thy grace,
Finger of God's right hand
His promise teaching little ones
To speak and understand.

O guide our minds with thy blessed light,
With love our hearts inflame;
And with thy strength, which never decays
Confirm our mortal frame.

Far from us drive our deadly foe;



True peace unto us bring;
And through all perils lead us safe
Beneath thy sacred wing.

Through thee may we the Father know,
Through thee the eternal Son,
And thee, the Spirit of them both,
Thrice-blessed Three in One.

All glory to the Father be,
With his coequal Son;
The same to thee, great Paraclete,
While endless ages run.
Amen.

WELCOME O HOLY SPIRIT

Welcome O Holy Spirit. You are the life giver. In the beginning when the whole earth was in chaos, you were there to bring order. All that exists came to be through your power. I acknowledge you, the Love of God the Father. In your light we see light. I come before you at this moment of grace, inviting you to ignite your fire within me. I present my days to you, that you may journey with me. At this hour of grace, I want to experience a new lease through your gentle touch. Here I am, speak in me and through me. Amen.

Examination of Conscience.

To be worthy of communion with the Holy Spirit, let us look within our hearts and see if there are moments we have grieved him, by our thoughts, words and actions.

Ask yourself, have I sinned against the Holy Spirit through:

1. Unwholesome talk: Eph 4:29
2. Bitterness and anger Eph 4:31
3. Unforgiveness Eph 4:32
4. Sexual immorality Eph 5:3
5. Greed and covetousness Eph 5:5

6. Idolatry Col.3:5
7. Disobedience Eph 5:6
8. Neglecting Spiritual gifts 1 Timothy 4:14
9. Hypocrisy Matthew 23:27-28
10. Lack of love 1 John 4:20
11. Quenching the Spirit 1 Thes. 5:19
12. Lack of faith, Hebrews 11:6
13. Unrepentant sin, 1 John 1:9.

O Holy Spirit, I know you always convict me of my sins, not to condemn me, but to guide and help me to recognize them so that I can turn a new leaf. I present before you these particular sins. [Name them] Help me to overcome them, that I may have a perfect communion with you through Jesus Christ our Lord. Amen.

Meditation for the Day

Take your time to read the daily Scripture three times, slowly and attentively.

Imagine yourself present in the scene described in the passage, or witnessing the events or words depicted as if they were unfolding in your own life. Ask the Holy Spirit to reveal His presence to you.

SUNDAY

THEME: THE PENTECOST

THE SCRIPTURE

Acts of the Apostles 2:1-4

“When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.”

REFLECTION

Jesus instructed His disciples to stay in Jerusalem until they received the Holy Spirit. Obeying His command, they gathered in the upper room, locking themselves in, and waited together until the promised Paraclete came.

GUIDED MEDITATION

Picture yourself with the disciples in the upper room. You sit silently among them, like someone who obeys Jesus' instructions, “And see, I am sending upon you what my Father promised, so stay here in the city until you have been clothed with power from on high.” Luke 24:49. Despite the commotion outside the building, you choose to overlook the distractions. Internally, you start a conversation with Jesus, following His guidance to remain in the city until the Spirit arrives.

“Here I am Lord. I can't answer my daily calls alone. I need more of you. Let your anointing fall afresh upon me. Fill my heart. Release my tongue to speak your word. Clothe me with your power...”

Gently repeat 10 times:

“I'm clothed with the power of the Holy Spirit.”

Be silent for at least five minutes, trusting that the Holy spirit is communicating his life unto you.



MONDAY

THEME: BOLDNESS

THE SCRIPTURE

Acts of the Apostles 4:31

When they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and spoke the word of God with boldness.

REFLECTION

We need the Holy Spirit to effectively preach the gospel. Speaking the truth can be demanding and requires boldness, which is why we must rely on the Holy Spirit for strength and guidance. Boldness goes beyond preaching with energy and strength. It involves the ability to face any reactions that come afterward and being prepared to handle the backlash from those opposed to the gospel. The Holy Spirit empowers us to live the Christian life without being discouraged by human judgment. It is about the ability to rise above compromise and proudly uphold our beliefs.

GUIDED MEDITATION:

Imagine yourself surrounded by your prayer companions or a close friend you trust deeply, especially in spiritual matters. Picture divine angels among you, acting as messengers carrying your prayers to God's throne. As you all pray together, notice a soft cloud forming above your gathering place. In this moment, let your voice rise with a heartfelt longing, fully trusting in God's response.

Then, a calm silence descends upon your prayer circle. Suddenly, you feel the power of God moving all around you, energizing everything. You are filled with a newfound strength.

With a renewed confidence repeat 10 times,

“The word of God alive in me”

Now, envision yourself standing before a large crowd of people, preaching with confidence, a smile spreading across your face, radiating with joy.

Go into a deep moment of silence for about five minutes.



TUESDAY

THEME: DIVINE APPROVAL

THE SCRIPTURE

Luke 3:21-22

Now when all the people were baptized and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

REFLECTION

By virtue of our baptism, we share in the life, death, and resurrection of our Lord Jesus Christ. This adoption makes us sons and daughters of God, transforming us from mere creatures into His beloved children. Those who believe in the Lord Jesus, he gives the power to become children of God, who were born, not of blood nor of the flesh nor of the will of man, but of God. John 1:12-13.

GUIDED MEDITATION.

Imagine yourself wearing white clothes, just like on your baptism day. Picture the priest pouring water on your head, saying, "[Your name], I baptize you in the name of the Father, and of the Son, and of the Holy Spirit." Look up to heaven and hear the words, "You are my beloved child; with you I am well pleased." Ask yourself, "Am I worthy of this praise? Is God happy with me?"

Then, say, "O God my Father, you sent your Son Jesus to live among us and suffer for our sake. While I was still a sinner, He died for me, making me your beloved child. He is my justification. I stand before you, filled with the grace your Son purchased for me. By His merit, may I walk the path you have chosen for me. Let those words resound once again: "You are my beloved child; with you I am well pleased."

Repeat for about 10 times

"I am a beloved son/ daughter of God"

Be silent for at least 5 minutes.



WEDNESDAY

THEME: ANOINTED TO SERVE

THE SCRIPTURE

Isaiah 61:1

"The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound."

REFLECTION

Divine anointing brings empowerment. When we are empowered, we are called to empower others. If we neglect to use God's gifts for their intended purposes, we risk decay or breakdown. Every opportunity we have is a moment of grace granted by God to serve Him.

GUIDED MEDITATION

Close your eyes and take a deep breath, allowing yourself to relax and find peace in this moment. Imagine yourself standing in a serene garden, surrounded by vibrant flowers and tall, swaying trees. Feel the gentle warmth of the sun on your skin and the soft breeze brushing against your face.

Repeat 10 times

"The Spirit of the Lord is upon me"

As you breathe in deeply, imagine the presence of the Lord surrounding you, filling you with His Spirit. Visualize a radiant light descending from above, enveloping you in a warm embrace.

Now, picture yourself standing before a group of people in need. See the faces of the poor, the brokenhearted, and the captive. Feel the weight of their struggles and pain. As you meditate on the passage, feel the power of these words resonating within you.

Sense the anointing of the Lord upon you, empowering you to bring hope and healing to those around you. Visualize yourself reaching out to each person, offering comfort, love, and freedom.

With each breath, feel the burden of despair lifting and the light of joy and liberation filling the hearts of those you touch. As you continue to dwell in this scene, embrace the calling to be a vessel of God's compassion and grace in the world. Know that you are anointed by the Lord to bring His good news and to be a beacon of hope to all who are in need.

When you are ready, slowly open your eyes, carrying with you the peace and empowerment of the Spirit as you go forth to fulfill your divine purpose.

THURSDAY

THEME: FAMILY DEDICATION

THE SCRIPTURE

Acts 10:44-45

"While Peter was still saying these things, the Holy Spirit fell on all who heard the word. And the believers from among the circumcised who had come with Peter were amazed, because the gift of the Holy Spirit was poured out even on the Gentiles."

REFLECTION

While Cornelius was praying, an angel of God showed up and told him that God had heard his prayers. The angel told him to send for Peter, who came and preached the good news to Cornelius and his family. Even before they were baptized with water, the Holy Spirit came upon them. The angel told him, "Cornelius, God has heard your prayer and remembered your gifts to the poor." Acts 10:31. God knows when our prayers align with our lives. Our actions are gateways to our prayers. God knows our hearts and our deeds, always waiting for us to express our true desires. However, if we do good for others only to receive something from God, the result may not be as we hope. Doing good should be a natural part of who we are, not a means to an end. God is our Father who knows our needs; He is not a business partner with whom we trade favors.

GUIDED MEDITATION

Imagine you are all together in your home with your family members, both close and extended. It is a family meeting, and you are there to talk about something important that is affecting everyone's wellbeing. Take a moment to imagine each person there, even those who might not be around physically. If there is anyone you are not on good terms with, offer them a handshake or a sign of peace. Agreeing together in prayer is really powerful. Say out loud that you forgive anyone you are not getting along with.

Why are you gathered? It is to ask for a fresh outpouring of the Holy Spirit for your family. The Holy Spirit represents love. Just like when Peter visited Cornelius' family because Cornelius was always praying to God and

showing kindness, imagine yourself in Cornelius' shoes, doing the same for your family.

Now imagine Jesus standing right in front of you, teaching. In that quiet moment, you are saying to yourself, "Thank you, Jesus, for thinking of me and my family. You can see some of my neighbors here too. I believe you will bless all of us. I trust that you will work through my family to spread grace in our community. Surround us with your divine presence. Your words are powerful and life-giving. Speak to us, Lord, we are ready to listen."

Say 10 times,

"The Spirit of the Lord is in this place"

Suddenly, you notice everyone starting to smile. They feel a new energy, like the Holy Spirit's touch is flowing through them. People embrace each other with love, praising God with joyful hearts.

FRIDAY

THEME: THE GREAT INTERCESSOR

THE SCRIPTURE

Romans 8:26-27

"Likewise, the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God."

REFLECTION

At times, we pray amiss because we often do not understand the perfect will of God for us. When we feel that our prayers are not answered, we may be frustrated, thinking that God is not listening. We use this moment to leave ourselves in the hands of the Lord. He knows our deepest need. This meditation is meant for a total surrender to God.

GUIDED MEDITATION

Picture yourself seated beneath the comforting shelter of a fruit-laden tree. The place is serene, filled with the sweet melodies of birdsong. Suddenly, everywhere becomes silent. A single beam of light pierces through the leaves, shining directly at the crown of your head.

Surrender yourself to this divine scrutiny, as if you were being scanned by divine light. Its purpose is to go into the depths of your being, to discern your innermost yearnings.

Say this for about 10 times

"My heart is open to you Lord"

Relax and allow this process to unfold for about five minutes.

The light moves from your head to your feet, permeating your essence and purging any inordinate desires. It instills within you the rightful longings of your soul. As the light fades, a profound sense of peace envelops you, and you rise to your feet, radiant with newfound joy.



SATURDAY

THEME: THE HEAVENLY TEACHER

THE SCRIPTURE

John 14:26 - "But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you."

REFLECTION

The Holy Spirit is our great teacher, guiding us to all the truth we need. His touch in our lives is essential, as He brings comfort and helps us recognize the gifts God has placed within us. The Holy Spirit quickens our steps, enabling us to give all that God asks of us. With many teachers out there, maintaining a strong connection with the Spirit, our inner guide, is crucial. Without Him, we risk being misled by the conflicting teachings in the world.

GUIDED MEDITATION

Picture yourself sitting among other worshippers at a church gathering. The presiding minister is preaching, and everyone is listening intently. You can sense the Holy Spirit's presence, like a dove hovering around. In your heart, you say,

"Holy Spirit, I know you are here, the promise from God the Father. As I listen to your servant, who is only human, help me to hear your message through him. Guide me to understand what is most important for my soul. Speak directly to me if you will. I don't want to leave with meaningless fragments, but with your soothing words, the recipes for my soul's journey to true peace.

Holy Spirit, my gentle Teacher,
Speak gently to my soul.
Come dwell within my heart.
Guide my thoughts, my words, my actions,

Illumine the path before me,
With wisdom pure and clear.

Teach me to listen, to discern,
Your voice, ever near.

In stillness of my soul, let your presence reign,
transforming me each day.
Oh, Holy Spirit, be my guide,
Be my all.

Be quiet, remain in the scene for about 5 to 10 minutes.

Alternatives Bible passages for meditation

Luke 4:18, Genesis 1:2, Joel 2:28-29, Judges 14:6, 1 Samuel 10:10, 2 Samuel 23:2, Mark 1:10, Luke 4:1, Acts 13:2-4, Acts 19:6, 1 Corinthians 2:10-11, Galatians 5:22-23, Ephesians 4:30, 1 Thess 1:5, Titus 3:5-6.

[Apart from the listed passages one is free to explore other passages in the Holy Scripture]

A PRAYER OF THANKSGIVING TO THE HOLY SPIRIT

Thank you, Holy Spirit, for blessing me with your presence today. I know you are always with me and that you make yourself known whenever you are acknowledged. I know you are here now. I can feel your presence. Thank you for your comforting and guiding presence which enveloped me, filling my heart with peace and calm. In moments of uncertainty, you were my beacon of light, guiding my steps and soothing my soul. Your gentle whispers reminded me of divine love and purpose, anchoring me in faith. I am truly grateful for your constant companionship and the profound sense of connection I feel with you.

PRAYER FOR THE GIFTS OF THE HOLY SPIRIT

O Divine Spirit, without your gifts I cannot do your will. Without your gifts, I cannot attain perfect joy, because in your will is my delight.

Grant me the gift of Wisdom, to understand Your will and navigate life's complexities with grace.

Bestow upon me the gift of Understanding, to comprehend the deeper truths of Your Word and Your divine plan for me. Fill me with the gift of Counsel, to make righteous decisions and guide others on their spiritual journey. Bless me with Fortitude, to endure trials and challenges with unwavering faith and courage. Infuse me with the gift of Knowledge, to recognize your presence in all things and grow closer to you each day.

Shower me with Piety, to honour you in my thoughts, words, and actions, and to treat others with love and compassion. Bless me with the gift of Fear of the Lord, not as a fear of punishment, but as a profound reverence and awe of your majesty, recognizing you as the source of all goodness and love. May you dwell within me, guiding me, empowering me, and transforming me into the image of our Lord Jesus Christ. In His name, I pray.
Amen.

APRAYER FOR THE FRUITS OF THE HOLY SPIRIT

O Holy Spirit, I come before you with gratitude and openness, seeking your fruits to blossom in my life. Without your fruits, I cannot sustain your gifts. Without your fruits, I will get stuck, seeking marvels beyond me. I need the soil upon which your light will shine through me. Grant me the fruit of Love, that I may reflect your unconditional and boundless love to everyone I encounter, embracing all with kindness and compassion. Bestow upon me the fruit of Joy, filling my hearts with a deep and lasting happiness that transcends worldly circumstances, rooted in my relationship with you.

Infuse me with the fruit of Peace, granting me tranquility amidst life's storms, and enabling me to be peacemaker in my family, community, and the world. Bless me with the fruit of Patience, teaching me to wait upon your timing and to extend understanding and grace to others.

Grant me the fruit of Kindness, inspiring me to act with gentleness and generosity, and to uplift those who are downtrodden or in need. Fill me with the fruit of Generosity, enabling me to share my blessings freely and to give of myself selflessly for the betterment of others. Bless me with the fruit of Faithfulness, strengthening my commitment to you and to living a life aligned with your will, even in the face of adversity.

Infuse me with the fruit of Gentleness, guiding me to treat others with humility, respect, and tenderness. Grant me the fruit of Self-Control, empowering me to master my desires, impulses, and emotions, and to live a disciplined life that honours and glorifies you.

I pray that you cultivate these fruits within me, transforming my heart and life, and drawing me closer to you each day, driving far away every negative spirit, that I may blossom in divine light and love, through Jesus Christ Our Lord. Amen.

FINAL PRAYER

O Lord, my Mighty Help, you never deserted those who truly know you. Having journeyed with you today, may I never suffer want. Kindly grant these petitions which I bring before you now...

[Present your intentions. Present those who requested for your prayers. Pray for your family, your community, co-workers, colleagues, friends etc]

In the morning say,

As I step out today, guide my steps and hasten my path to align with your will. Bless my endeavors with favor and success. May my guardian angel always be by my side, to guide me in my choices.

In the night, say,

As I lay to sleep tonight, cover me with your light, surround me with your fire, and shield me from every dart of the power of darkness. Grant me a restful sleep that I wake full of your praise.

May the Blessed Mother, the ever-virgin Mary, continue to intercede for me. Conceived by You, she remains my constant intercessor before her Son, our Lord Jesus Christ. Let your fire penetrate the foundation of my family for purification. May your anointing flow through my family line for total cleansing. Make my home your permanent abode. Grant these and those I cannot remember, for you are the great intercessor, who helps us in our weakness, for we do not know how to pray as we ought, but you intercede for us with groanings too deep for words. Thy kingdom come. Amen.

In the name of the Father and of the Son and of the Holy Spirit. Amen.

NOVENA TO THE HOLY SPIRIT

[Throughout the novena, remain open to the promptings of the Holy Spirit and be attentive to any insights or inspirations He may reveal to you. Allow this time of prayer to deepen your relationship with the Holy Spirit and to empower you to live a more faithful and Spirit-filled life]

Begin with the introductory part each day.

Introductory Prayers

In the name of the Father and of the Son and of the Holy Spirit.

OPENING HYMN

Holy Spirit, Lord of Light,
From Thy clear celestial height,
Thy pure beaming radiance give:
Come, Thou Father of the poor!
Come, with treasures which endure!
Come, Thou Light of all that live!

Thou, of all consolers best,
Visiting the troubled breast,
Dost refreshing peace bestow;
Thou in toil art comfort sweet,
Pleasant coolness in the heat,
Solace in the midst of woe.

Light immortal! Light divine!
Visit Thou these hearts of Thine,
And our inmost being fill;
Where Thou art not, man hath naught,
Nothing good in deed or thought,
Nothing free from taint of ill.

Heal our wounds, our strength renew;
On our dryness pour Thy dew;
Wash the stains of guilt away;
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.

Thou, on those who evermore
Thee confess and Thee adore,
In Thy sevenfold gifts, descend:
Give them comfort when they die,
Give them life with Thee on high,
Give them joys that never end.
Amen.

DAY ONE

LETS WALK THIS JOURNEY TOGETHER



INVITATION

Dear friend, I'm truly grateful that you have chosen to journey with me during this time. It is important to me that you remember I'm more than just power; I'm a person. Often, people mistake me for my abilities and desire my power without forming a relationship with me. They seek my gifts but overlook the positive impact I can have on their lives. Unfortunately, this has led many to be influenced by negative forces, believing they are using my power for good.

Can I rely on you? I seek a friend to share comfort with, to guide and direct, and to share my gifts with. I desire a friend who will reciprocate and follow my lead. Together, we can embody love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
Let's walk this journey together,

THE FRUITS OF THE HOLY SPIRIT

Galatians 5:22-23

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

[Be silent for at least 5 minutes and meditate on how you can embody these fruits in your relationship with others.]

Prayer for the fruits of the Holy Spirit: *see Page 20.*

Glory be to the Father, and to the Son and to the Holy Spirit, as it was in the beginning is now and never shall it be world without end, Amen.

DAY TWO
THE GIFT OF WISDOM



INVITATION

I'm glad you are here to spend this time with me. I want you to know that I was present at the baptism of the Lord Jesus Christ. The two of us are inseparable. It may interest you to know that I was present when you were baptized into his life, death, and resurrection. At that moment, I bestowed my gifts upon you and poured my fruits into your being. I bring this to your attention, so you understand that you have never been alone. You only need to recognize the wisdom I have instilled within you. It flourishes when you immerse yourself in the divine plan of salvation and contemplate God's law as expressed in the beatitudes.

PRAYER

O Holy Spirit, rouse your spirit of wisdom within me. I want to make good choices. Help me think clearly and understand things better. Show me what is true and what is not, so I can make smart decisions. Let wisdom always be with me, helping me through tough times and good ones. Help me see things from different angles and learn from everything that happens. With your wisdom, I can be strong, peaceful, and know my purpose. Amen.”

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.

DAY THREE
GIFT OF UNDERSTANDING



INVITATION

My beloved, I extend a warm welcome to you for, yet another moment spent together in my embrace. Your commitment to walking closely with me is truly inspiring, reflecting your desire to be firmly grounded in my ways. In today's world, where social media is saturated with misinformation and deceptive ideologies, it is easy to fall prey to self-proclaimed prophets or governments with agendas contrary to divine will. Without the clarity that comes from me, you risk being led astray. It is crucial to cultivate your gift of understanding, enabling you to nurture your faith and embrace the mysteries of my presence within you.

PRAYER:

Spirit of God, make good my understanding. Help me to comprehend the world around me and the people in it. Guide me to empathize with others and see things from their perspective. Give me clarity of thought and insight into complex situations. Let your understanding fill me, so I may navigate relationships and challenges with wisdom and compassion. Open my heart and mind to the depth of your truths and mysteries. Amen.

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.

DAY FOUR
THE GIFT OF COUNSEL



INVITATION

Fellow sojourner on the path of love, with the tenderness of an eternal counselor, I offer you my holy embrace. I am here to guide you, whispering the right words and nudging you towards the correct course of action. If you heed my guidance, you will remain steadfast. Perhaps you have dismissed my counsel in the past, mistaking your own desires for divine inspiration. It is essential to attune yourself to my gentle voice, for I do not impose my will upon you nor speak harshly to your soul. Please, do not underestimate the importance of my words.

PRAYER

Spirit of God, bless me with the gift of counsel. Help me to make wise decisions and seek guidance from you. Guide me in offering sound advice to others with compassion and empathy. Grant me the ability to discern what is right and just. Let your wisdom be my light in times of uncertainty and confusion. Fill me with your counsel, so I may navigate life's challenges with clarity and insight. Amen.

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.



DAY FIVE
THE GIFT OF FORTITUDE



INVITATION

Once again, my beloved, I am here to uplift your spirits and bolster your morale during your moments of adversity. I have never allowed my companions to dwell in perpetual fear of challenges. I understand that you will encounter difficulties in this world. You need not belittle yourself or feel inadequate. When faced with doubt and fear, lean on me. Do not surrender to low self-esteem; in sickness, you are not alone, and I can help you endure. Dealing with difficult neighbors is also part of life's challenges, but with my strength, you can strive for peaceful coexistence and thereby achieve spiritual growth. Remember, every problem has an expiration date. Take heart and be courageous.

PRAYER

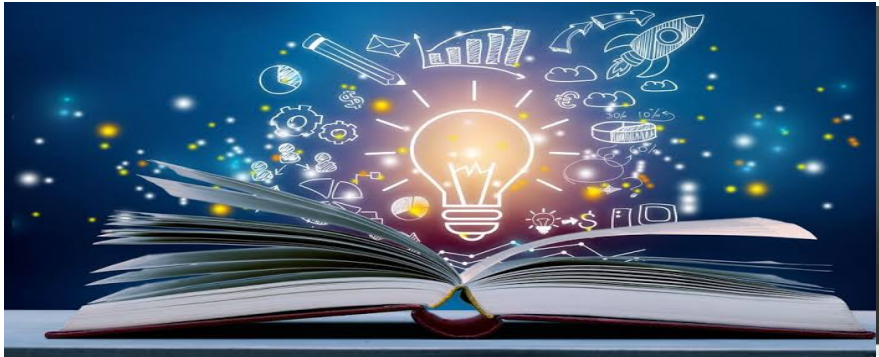
Spirit of God, grant me strength and courage in times of trial. Help me to face challenges with bravery and resilience. Guide me to stand firm in my faith and convictions, even when it is difficult. Give me the endurance to persevere through hardships and adversity. Fill me with your fortitude, so I may overcome obstacles and emerge stronger. Let your presence be my source of unwavering strength and hope. Amen.

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.

DAY SIX

THE GIFT OF KNOWLEDGE



INVITATION

Indeed, knowledge is power, yet it saddens me to witness my people perish due to ignorance. Some challenges cannot be overcome solely through prayer; they require the application of essential knowledge. My friend, how often have you drawn conclusions without examining the facts or passed judgment without weighing the evidence? Regret often follows hastily drawn conclusions lacking in factual foundation. My teachings serve as your compass; never underestimate the value of learning. It is crucial to possess a fundamental understanding of your surroundings. Above all, learn from me. I am here to impart all the knowledge you require.

PRAYER

Spirit of God, bless me with knowledge to understand your ways. Help me seek wisdom from your teachings and experiences. Guide me to discern truth from falsehood, and to use knowledge for good. Grant me clarity of mind and insight into your mysteries. Let your knowledge be my guide, leading me to make wise decisions and live a life of purpose. Fill me with the understanding of your love and grace. Amen.

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.

DAY SEVEN
THE GIFT OF PIETY



INVITATION

It pains me to see how often I am misrepresented by those who display superficial piety but neglect to live according to my teachings. They may participate in prayer gatherings, yet their actions fail to reflect the life they are called to lead in my footsteps. To truly associate with me, one must be in touch with reality; I do not seek those who merely use me as a facade. I desire to reside within your heart, not merely as a superficial presence. Merely performing rituals or outward displays of devotion are insufficient to earn my favor; I seek genuine devotion in both word and deed. If your public conduct does not align with your private life, it is evident that you lack my spirit. Now more than ever, you need me.

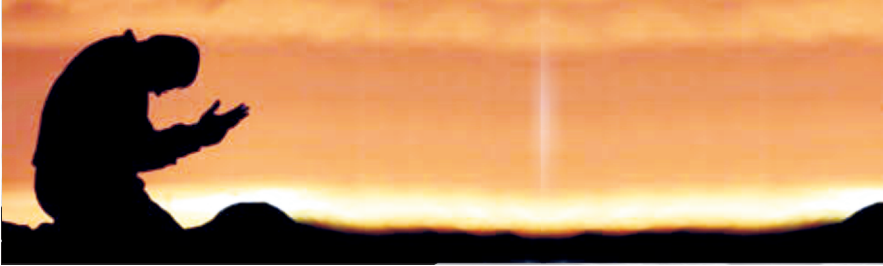
PRAYER

Spirit of God, I want to be truly pious, having a deep reverence for you. Help me to honor you in all I do, to love and respect others as you do. Guide me to live a life of faithfulness and devotion, seeking your presence in every moment. Grant me the grace to worship you with sincerity and humility. Let your spirit of piety fill me, shaping me into a vessel of your love and grace. Amen.

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.

DAY EIGHT
THE GIFT OF FEAR OF THE LORD



INVITATION

Some people fear me for my judgment rather than holding a deep reverence and awe for my majesty, acknowledging me as the source of all goodness and love. Yet, I am an ocean of boundless love, and I do not instill fear in those who love me, for perfect love drives out fear. Why are you afraid when you know I am all tenderness? Remember, I am a person; I feel your pain and understand your weaknesses. I have called you to journey with me because I know you cannot fulfill your divine purpose without me. Do not fear; instead, stay close and committed to doing my will. You remember when angel Gabriel visited Mary, and she was afraid. However, Gabriel comforted her, easing her fears and assuring her of my overshadowing presence, which would result in her conceiving the Saviour. Likewise, do not allow fear to make you dread the path to your destiny. I only ask for your reverence.

PRAYER

Spirit of God, may I always revere you. Help me to recognize your power and majesty, and to approach you with awe and respect. Guide me to live in accordance with your will, avoiding sin and wrongdoing. Grant me wisdom to understand the consequences of my actions. Fill me with a deep reverence for your presence in my life. May my fear of the Lord lead me to walk in righteousness and humility. Amen.

[Be silent for at least five(5) minutes and meditate on this gift.]

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.

DAY NINE
THE PENTECOST

Acts of the Apostles 2:1-4

“When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.”

PRAYER FOR THE GIFTS OF THE HOLY SPIRIT *see Page 19*

Silent meditation. Be silent for at least 10 minutes.

Glory be to the Father, and to the Son, and to the Holy, as it was in the beginning, is now and ever shall be, World without end. Amen.



INVITATION

It's been truly wonderful sharing these days with you. As I mentioned before, you need my fruits to nurture my gifts within you. What good is it to display my gifts if you do not reflect me in your life? People may be drawn to you because of your gifts, but they will ultimately judge you by your fruits. Remember, these gifts are bestowed upon you for the benefit of others and to edify the church. Do not seek personal gains from them; instead, serve others with humility. Guard against pride, recognizing that these manifestations in your life are gifts of grace. They are freely given, not earned through your own merit or piety. I leave you in peace. Go forth and accomplish great things.

FINAL PRAYER

Oh, Holy Spirit, love of the Father and the Son, I express gratitude for our shared moment together. Your presence brings refreshment, tranquility, and peace to my life. I acknowledge my inability to navigate the turbulence of the world without you; my flesh is incapable of doing your work. You know everything about me, and I rely on your guiding presence to help me. I surrender myself into your care; take me by the hand, surround me with your fire, envelope me with your light, and shield me for the rest of my days. May your kingdom come. Amen.

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be ,world without end, Amen.

HYMN: O SPIRIT WHISPER

O Whisper of love.
May I hear your sound
Any time you call.
Move deep into me.
That I may share in your breath.

O Spirit Whisper
So gentle, a voice,
Though cool and gentle
Make me hear you every moment of my life.

O Holy Spirit
Love of the Father.
Lower my passion for earthly things,
That I may always be tuned to your leadings.

Your gifts I desire
For your fruits, I hunger.
Guide my eyes, lead the way.
Speak to my ear, tell me your truth.
Shape my lips, make me your mouthpiece. Amen.

Fr Oluwafemi Victor Orilua CSSp@2024

AN IMPORTANT NOTE

Beloved, I trust that this devotional has been a source of great help to you. Personally, journeying with the Holy Spirit with it, I have witnessed profound changes in my life. The decision to compile this book was not planned; rather, it came as an inner prompting that I recognize as the guidance of the Holy Spirit Himself.

Would you kindly consider sharing a copy with a friend? Let's spread the awareness of this special journey with the Holy Spirit, as he always welcomes more companions.

Please note that the booklet is not for sale. Its compilation was inspired by the desire to share it freely as my 13th priestly anniversary gift. It will be available for free download in eBook/pdf format on the Spiritans Sound Outreach websites: www.spiritanssound.com and www.treasuresunveiler.com, under the title "*My Daily Journey with the Holy Spirit*".

To help distribute more printed copies and support similar endeavors, you are welcome to contribute as your heart leads. For further details, please reach out to me at femicssp@gmail.com or +447576543367 (WhatsApp only).

If you wish to connect with others who share a passion for the Holy Spirit, consider joining the Spirit's Whisperers in a weekly online prayer session, "A Moment with the Holy Spirit." To join, contact us at spiritansounds@gmail.com or via WhatsApp at +447576543367, +234 8167118489.

Thank you for your support and willingness to journey together in faith.
Blessings,

Rev Fr Oluwafemi Victor Orilua CSSp

MY SPIRIT'S DESIRES



A series of horizontal lines for writing, starting from the first line below the header and continuing down to the line above the footer.



◀ ABOUT THE AUTHOR ▶

Fr Oluwafemi Victor Orilua CSSp, is a member of the Holy Ghost Fathers and Brothers [The Spiritans]. He is the Director of Spiritans Sound Outreach, an arm of the youth apostolate of the Spiritans province of Nigeria, Southwest, which aims at both evangelism and fostering the creative talents of young individuals. He is currently on sabbatical leave at Carfin Spiritans Community and serves as the Chaplain of St. Aidan's High School, Wishaw, Scotland.

Fr. Oluwafemi ministers the Word of God through music and writing. He has released three music albums: "I Will Extol," "Irin Orun," and "I Lift Up My Voice," along with several singles. He is also the author of several books, including "Two Sides of a Coin," "Birth of Appreciation," "The Passover," "My Daily Conversation with Jesus" (a children's prayer book), "Dust in the Cloud," and other unpublished works. As the initiator of Spiritans Sound Outreach, he is the driving force behind the magazine "Treasures Unveiler" which focuses on talents discovery and promotion and other Catholic resources or news.

