

# *A Loving Spirit* **WHO HELPS**

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In the previous issue we read about Pentecost, the birthday of the Church and how the Holy Spirit moulds and shapes us. Here we see the ways in which God the Holy Spirit helps us.

In John 3:8, Jesus tells Nicodemus about being born anew in the Spirit. *The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from and where it goes. So it is with everyone who is born of the Spirit.* When we submit ourselves to the work of the Spirit, he will change and shape us beyond our imagination. Let us now look at ways in which the Paraclete helps us.

The Holy Spirit that **makes possible all our impossibilities**. On hearing the Annunciation, the Blessed Virgin Mary asked Angel Gabriel, *'How can it be possible since I am a virgin?'* It was quite a natural doubt since it is humanly impossible to understand how a virgin can give birth to a child. Gabriel replied, *'The Holy Spirit will come upon you and the power of the Most High will overshadow you'* (Luke 1: 35). Friends, we too will have many occasions when we will wonder and ask helplessly, how can this be possible, it is beyond my capacity. Let us pause a moment and pray then. God's answer to our helplessness, in the face of our impossibilities, is the Holy Spirit.

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It is the Spirit of God who turns our impossibilities into possibilities!

Again the Spirit **helps us pray in the manner we have to**. We are often helpless and unable to raise our intentions and needs to God in a manner pleasing to him. We should then seek the help of the Holy Spirit. ... *for we do not know how to pray as we ought, but the very Spirit intercedes with sighs too deep for words.*

(Romans 8: 26).

So, my dear friends, we need the help and assistance of the Spirit of God in each moment of our Christian life. The sacrament by which we receive the Holy Spirit is Confirmation. Truly it is the Spirit who confirms and strengthens each one of us in our Christian life. When our Lord Jesus promised the disciples to send the Holy Spirit upon them, he referred to him by the name, *helper* ('Paraclete' in Greek). So let us never forget to ask for the presence and help of the Holy Spirit in each moment of our life.