

If Thou take Thy grace away, nothing pure in man will stay, all his good is turn'd to ill.

### **The Gift of Understanding**

Understanding, as a gift of the Holy Spirit, helps us to grasp the meaning of the truths of our holy religion. By faith we know them, but by Understanding we learn to appreciate and relish them. It enables us to penetrate the inner meaning of revealed truths and through them to be quickened to newness of life. Our faith ceases to be sterile and inactive, but inspires a mode of life that bears eloquent testimony to the faith that is in us; we begin to "walk worthy of God in all things pleasing, and increasing in the knowledge of God."

### **Prayer**

Come, O Spirit of Understanding, and enlighten our minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Thy Light; and in the light of glory to have a clear vision of Thee and the Father and the Son. Amen.

### **Then pray:**

"Our Father" and "Hail, Mary" ONCE. "Glory be" SEVEN TIMES.

### **And these final two prayers:**

#### **ACT OF CONSECRATION TO THE HOLY SPIRIT**

On my knees before the great multitude of heavenly witnesses I offer myself, soul and body to You, Eternal Spirit of God. I adore the brightness of Your purity, the unerring keenness of Your justice, and the might of Your love. You are the Strength and Light of my soul. In You I live and move and am. I desire never to grieve You by unfaithfulness to grace, and I pray with all my heart to be kept from the smallest sin against You. Mercifully guard my every thought and grant that I may always watch for Your light, and listen to Your voice, and follow Your gracious inspirations. I cling to You and give myself to You and ask You, by Your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds, and trusting in His Precious Blood and adoring His opened Side and stricken Heart, I implore You, Adorable Spirit, Helper of my infirmity, to keep me in Your grace that I may never sin against You. Give me grace O Holy Spirit, Spirit of the Father and the Son to say to You always and everywhere, "Speak Lord for Your servant heareth." Amen.

#### **PRAYER FOR THE SEVEN GIFTS OF THE HOLY SPIRIT**

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your love. Grant me the Spirit of Wisdom that I may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten my mind with the light of Your divine truth, the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining heaven, the Spirit of Fortitude that I may bear my cross with You and that I may overcome with courage all the obstacles that oppose my salvation, the Spirit of Knowledge that I may know God and know myself and grow perfect in the science of the Saints, the Spirit of Piety that I may find the service of God sweet and amiable, and the Spirit of Fear that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord, with the sign of Your true disciples, and animate me in all things with Your Spirit. Amen.

**Then, take a few moments of silence, to listen in your heart to what the Spirit is asking of you this Lent, what comforts and pleasures are making dull your understanding of and joy in the truths of our Faith.**