

Living Temples of the Spirit

A PRAYER MEDITATION FROM *AMBASSADORS OF JESUS CHRIST*

“Ask God that, after filling you with his Holy Spirit to sanctify yourselves, he also communicates himself to you in order to procure the salvation of others.” (Meditation No. 43.3)

FIRST MOVEMENT

1. **Take a few minutes to quiet yourself. Call to mind the presence of the Spirit of God who dwells in you.**

“The love of God has been poured out into our hearts by the Spirit living in us.” (Rom 5:5)

2. **Ask God to give you the grace to know what God wants to communicate to you and to help you respond in a way that will be pleasing to God and helpful for your neighbor.**

“The Holy Spirit will teach you all things and will remind you of all I have said to you.” (Jn 14:26)

SECOND MOVEMENT

3. **Contemplate the Mystery of God’s Love at Work in the World**

Read the following Scripture passage slowly and reflectively. What words or phrases especially catch your attention? Listen to what is being said; try to enter into the mystery; lovingly contemplate Jesus Christ and the relationship into which Christ is inviting you.

“On the evening of that first day of the week, even though the disciples had locked the doors of the place where they were for fear of the Jews, Jesus came and stood before them. ‘Peace be with you,’ he said. When he had said this, he showed them his hands and his side. At the sight of the Lord, the disciples rejoiced. ‘Peace be with you,’ he said again. ‘As the Father has sent me, so I send you.’ Then he breathed on them and said: ‘Receive the Holy Spirit. If you forgive others their wrong doings, they are forgiven them. If you hold them bound, they are held bound.’” (Jn 20:19-23)

4. Reflect on the Mystery of God's Love at Work in Your Own Life

Do you frequently recall the presence of God's grace and Spirit within you?

Does openness of heart to this indwelling Spirit help you to be one with God in all you do?

Does the fact that God has chosen to dwell in you make any difference in the way you live your life, and in the way you relate to others?

Are you attentive and responsive to the interior stirring and inspirations of the Spirit?

Does your life mirror the goodness and the love of God? Are you merciful and forgiving in your dealings with others?

THIRD MOVEMENT

5. Resolve to Be More Open to the Work of the Spirit in and Through You Today

Ask God to send forth the Spirit of new life into your heart (Ps 104:30) that, in part through you, the face of the earth and the lives of youngsters might be renewed.

Where is the Spirit drawing you to sacrifice yourself that others may have this new life?

Ask God to send you this Holy Spirit to banish whatever fear hold you back from putting yourself wholeheartedly into God's hands. Ask the Spirit to help you know peace.

This prayer meditation is an excerpt from *Ambassadors of Jesus Christ: Prayer Meditations for Christian Educators* (1995) by Brother William Mann, FSC, Brother Henry Dissanayke, FSC, and Brother Isaias Tzegay, FSC. This book contains 35 meditations that invite one to enter into the three movements of Saint John Baptist de La Salle's *Method of Interior Prayer*.