

LIFE IN CHRIST

A PREACHED RETREAT BY FR. RANIERO CANTALAMESSA

SESSION 5: THE POWER OF THE HOLY SPIRIT

“There is no condemnation for those who are in Christ Jesus because the law of the Spirit, which gives life in Christ Jesus, has set you free from the law of sin and death.”

-Romans 8:1-2

A. The Holy Spirit is the new law

- In Exodus 19, the finger of God wrote the law of God on stone tablets.
- At Pentecost, the finger of God wrote the law on our hearts through the Holy Spirit.
- The Holy Spirit transforms us to live out the Christian life.

B. The Holy Spirit teaches us how to pray

“Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. And he who searches the hearts of men knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.” -Romans 8:26-27

- The same Spirit who inspired sacred scripture inspires us in prayer.
- The Holy Spirit teaches us how to pray through what he has already taught in sacred scripture.
- Abraham taught us how to speak with God freely; Moses taught us how to listen to God, to be under the gaze of God; the Psalms teach us how prayer is about what is in our hearts.
- Jesus shows us how to pray to the Father through the Holy Spirit.
- The Holy Spirit is the principle (source/foundation) of prayer and we have received the grace, the gift, and the power of this prayer in the Spirit.

C. Praying in the Holy Spirit

- The Holy Spirit teaches us to be in awe of God.
- The Holy Spirit guides us through all seasons of prayer, even dry seasons, where he strengthens and purifies our faith.
- All types of prayer (personal, liturgical, contemplative, adoration) are divine when we join the Spirit in praying.
- Charismatic prayer is rooted in the Holy Spirit. It is communal and spontaneous.
- Charismatic prayer can help make your faith new and make the scriptures more alive to you.

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QUESTIONS FOR DISCUSSION

1. What stood out to you from the talk?
2. Has the Holy Spirit ever spoken to you through scripture? Can you share a specific example?
3. Have you experienced the transforming power of the Holy Spirit in your life? How so?
4. Do you pray (talk) conversationally with the Lord? What is this like for you?
5. Have you ever experienced charismatic prayer? Share about this with your group.