



THE INFLUENCE OF THE HOLY SPIRIT IN OUR LIVES

The disciples gathered in a locked chamber, fearing the worst. Our risen Lord came to put those fears to rest. Life continually tosses challenges in our face, along with fears and anxieties. How do we cope with these incessant troubles? There is an old anonymous saying: "Fear knocked at the door. Faith answered. No one was there." How easy it is to give in to fears and anxieties. We pray for relief from those kinds of troubles whenever we celebrate Mass together. Listen closely and you will hear that beautiful prayer.

Personal chambers of fear: We all have our own chambers of fear. Our thoughts and imaginations often get the best of us. Today's Gospel seeks to ease those fears and anxieties. Jesus is the only one on the other side of that door. Take a spiritual look behind you too; Jesus is there also.

Our secret room of the gospel: Most of us need a private place to be alone so that we can "process" life's troubles. That private place is our own "secret room of the gospel," where we can meet our loving God whenever we choose to take the time to pray and meditate.

Jesus greets us: "Peace be with you." It is easy to forget; just as the disciples did. When our fears get the best of us, and we are frozen in that fear, Jesus is there telling us to be at peace, and wishing us peace. Listen, watch and try not to forget that.

Upgrade yourself. Begin with the sign of the cross. Oftentimes when we boot up our computers, our hard drives are asking us if we would like to download the latest upgrade of some utility we are using. The Holy Spirit constantly invites you and me to "upgrade our spirits." It is an easy thing to do: Begin with the sign of the cross as you enter your secret room of the gospel to pray. The Holy Spirit will upgrade you more and more as you continually become what God meant you to be from the first, a child of light and goodness.

Continuing the work of Jesus. As the Holy Spirit descended upon the apostles in their chamber of fear, the Twelve's fears evaporated. Through the graces of our resurrected Jesus, they found the courage and faith to continue Jesus' work and ministry. All of us are called to do the same by virtue of our own baptism and through the graces of each and every Eucharist we celebrate together.

Pentecost Sunday is the perfect day to set aside your fears. With Jesus you have nothing to fear. There is no one knocking at the door of your chamber of fear, except Jesus, wishing you and blessing you with peace.

As we celebrate the Eucharist we take the risen Jesus into ourselves through the word and the communion we share with each other. The risen Lord lives inside us, blessing us and protecting us from undue fear and anxiety. Have faith, free yourself from life's fears.

