



HEARTS TRANSFORMED

LEARNING MODULE # 3. The Heart of Fire.

☀️ **Daily Step 1:** 10-20 minutes with the HT Daily Practice blue sheet you were given on the Opening Retreat.

☀️ **Daily Step 2:** 10-20 minutes daily doing *Lectio Divina* (slow, prayerful, reflective reading) with the material provided below.

Meditate on the phrase "I let go" and keep this quote in mind for this module...

"The Holy Spirit...is the Interior Master of Christian Prayer."

-Catechism of the Catholic Church (CCC) # 2697

- **Day 1** The Spirit of Jesus in me: He is my Interior Master and Helper. Assignment: Pray with Romans 8:26 & (CCC) #2670, 692. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Let go and give your will to Him.
- **Day 2** The Spirit of Jesus in me: He Empowers and Guides me today. Assignment: Pray with John 14:25, Acts 1:8 & CCC # 736. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Let go and ask to be empowered and guided through this day.
- **Day 3** The Spirit of Jesus in me: He is Living Water flowing in my life. Assignment: Pray with John 7:37-38 & CCC #739-741. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Open to the Holy Spirit and drink of his loving presence. LET GO...LET THE RIVER FLOW.
- **Day 4** The Spirit of Jesus in me: He is the Breath of Divine Life. Assignment: Pray with John 20:21-22, Genesis 2:7 & CCC #691,703. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Today offer every breath to the Holy Spirit as a prayer.
- **Day 5** The Spirit if Jesus in me: He is the One Who Bears Fruit within. Assignment: Pray with Galatians 5:22-25 & CCC #2710. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Ask for the grace to realize we cannot bear fruit apart from daily surrender to the Spirit.
- **Day 6** The Spirit of Jesus in me: He is the Giver of Gifts and Charisms. Assignment: Pray with 1 Corinthians 12:1-11, 1 Corinthians 14:1-4 & CCC #768, 799-801. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Pray for a deeper release of the Spirit and a deeper openness to His gifts and charisms.
- **Day 7** The Spirit of Jesus in me: He is the Fire of the New Heart. Assignment: Pray with Acts 2: 1-21 & CCC #696,826. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Be attentive to the Fire of the Love burning in your heart. Open to His gifts in you today.
- **Day 8** The Spirit of Jesus in me: He is the Source of Sanctifying Gifts. Assignment: Pray with Isaiah 11:1-10 & CCC #1831,1832. Finish by praying *Spirit of Jesus thank you for living this moment in me*. Ask the Holy Spirit to sanctify you and help you grow in holiness daily.

- **Day 9** The Spirit of Jesus in me: He is the Law of God written within. Assignment: Pray with Ezekiel 36:27, Galatians 5:16-18 & CCC #107-109. Finish by praying *Spirit of Jesus thank you for living this moment in me.* Ask the Holy Spirit...what life lesson are you teaching me at this time? Listen and observe how He will speak to you through circumstances.
- **Day 10** The Spirit of Jesus in me: He is the Path of Authentic Freedom. Assignment: Pray with Luke 4:18,19, Galatians 5:1 & CCC # 1742. Finish by praying *Spirit of Jesus thank you for living this moment in me.* Thank the Holy Spirit for guiding you on the path of authentic grace and freedom.
- **Day 11** The Spirit of Jesus in me: He wants to overshadow me like Mary and the Saints. Assignment: Pray with Luke 1:34-47 & CCC # 2679, 722,2013. Finish by praying *Jesus thank you for living this moment in me.* Ask the Holy Spirit to overshadow you today as you pray *Fiat (YES) like Mary.*
- **Day 12** The Spirit of Jesus in me: He wants to fill me continually. Assignment: Pray with Ephesians 5:18-20 CCC # 2681,688. Finish by praying *Spirit of Jesus thank you for living this moment in me.* Let Go.



- **The Secret of Sanctity** by Cardinal Mercier:

- *I am going to reveal to you the secret of sanctity and happiness. Every day for five minutes control your imagination and close your eyes to all the noises of the world in order to enter into yourself. Then, in the sanctuary of your baptized soul (which is the temple of the Holy Spirit) speak to that Divine Spirit, saying to Him:*

- ***O Holy Spirit, beloved of my soul, I adore You. Enlighten me, guide me, strengthen me, console me. Tell me what I should do; give me Your orders. I promise to submit myself to all that You desire of me and to accept all that You permit to happen to me. Let me only know Your Will.***
- *If you do this, your life will flow along happily, serenely, and full of consolation, even in the midst of trials. Grace will be proportioned to the trial, giving you the strength to carry it and you will arrive at the Gate of Paradise, laden with merit. This submission to the Holy Spirit is the secret of sanctity.*

From the Saints:

- *Through the Holy Spirit we are restored to paradise, led back to the Kingdom of heaven, and adopted as children, given confidence to call God "Father" and to share in Christ's grace, called children of light and given a share in eternal glory. -St Basil (CCC 736)*
- *Breathe in me O Holy Spirit. -St Augustine*
- *The institutional and charismatic aspects are co-essential as it were to the Church's constitution...Today I would like to cry out to all of you...and all Christians: Open yourselves docilely to the gifts of the Spirit! Accept gratefully and obediently the charisms and gifts the Spirit never ceases to bestow on us. -St John Paul II Pentecost Eve 1998.*