



YEAR OF THE HOLY SPIRIT

COOPERATION PHASE (JUNE - SEPTEMBER)

Question:

Whose voice am I listening to, and how is it affecting me?

Scripture:

For the one whom God sent speaks the words of God. He does not ration his gift of the Spirit. (John 3:34)

Intention:

That the Holy Spirit will come into the places of our hearts that need Him the most and inspire us with what He wants from us.

Invocation:

Come Holy Spirit, help us to be faithful to Your inspirations and reject whatever the enemy is trying to do in our lives.

Tool:

“My Daily Check-In”

Prayer:

Prayer for Discernment (Pope Leo XIV)



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MY DAILY CHECK-IN

Once we are pursuing a more personal relationship with the Holy Spirit, using the **“My Daily 15”** tool for prayer, we can then also practice pausing regularly to see if we are cooperating with Him during the day.

It helps to remember:

- In less than 5 minutes, either at midday or in the evening, this develops a lived relationship with God, to discern His will for us.
- It is possible for each of us to recognize how God is present and active in our lives; He wants this for us and is very happy to help.
- Doing this allows us to recognize what’s happening and how to respond, plus get back on track if we’ve gone astray.
- We will probably need to set reminders until it becomes a habit.

Step #1 – Restoring the Connection (1 - 2 minutes)

Hi Holy Spirit, it’s me, checking in. Is there anything causing me to be closed off or distant from You? (Pause to be aware and take note: _____)

_____)
I invite you into these places where I need healing or extra grace.

Step #2 – Resetting the Priorities (1 - 2 minutes)

Holy Spirit, is there anything You are asking of me for the sake of our relationship and mission? (Pause to be aware and take note: _____)

_____)
Please stir up the gift of fortitude to continue answering Your call.

Step #3 – Resuming the Journey (1 - 2 minutes)

Holy Spirit, is there anything else You would like to bring to my attention at this time, so I can make any necessary resolutions for the rest of the day? (Pause to be aware and take note: _____)

_____)
Please help me to keep watch for any enemy spirits, and continue following Your inspirations, to keep moving forward in doing good.

Hail Mary...



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PRAYER FOR DISCERNMENT

(By Pope Leo XIV)

Holy Spirit, you, light of our understanding,
gentle breath that guides our decisions,
grant me the grace to listen attentively to your voice
and to discern the hidden paths of my heart,
so that I may grasp what truly matters to you,
and free my heart from its troubles.

I ask you for the grace to learn how to pause,
to become aware of the way I act,
of the feelings that dwell within me,
and of the thoughts that overwhelm me
which, so often, I fail to notice.

I long for my choices
to lead me to the joy of the Gospel. Even if I must go
through moments of doubt and fatigue,
even if I must struggle, reflect, search, and begin
again...

Because, at the end of the journey,
your consolation is the fruit of the right decision.
Grant me a deeper understanding of what moves
me,
so that I may reject what draws me away from Christ,
and love him and serve him more fully.

AMEN
