

## Wednesday 14 October 2020

Today is Wednesday the 14 October, in the 28th week of Ordinary Time.

The monks of the Abbey of Keur Moussa sing: This is the time, most Holy Spirit, when you, One with the Father and the Son, come to shed your light in the hearts of your faithful. Pause for a moment, and become aware of the Holy Spirit, present here, come to give life and light. Pause for a moment, and welcome that light into your life.

Today's reading is from St Paul's letter to the Galatians.

Galatians 5:18-25

But if you are led by the Spirit, you are not subject to the law. Now the works of the flesh are obvious: fornication, impurity, licentiousness, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God. By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit.

We might not be quite as sure as Paul that we've entirely crucified the flesh with its passions and desires! This is a life-long project and we need the love and the help of God all the way. We can also cooperate with this God. The Spirit helps to show us how.

Ponder the following questions:

When are you able to give and receive most love?

What brings you most joy?

When are you most generous?

Your answers are ways that you already cooperate with God's Holy Spirit . . . Carry on! In the second reading of the passage, as you listen to the first list: remember God is merciful and loves you.

As you reflect on the second list, consider how you can use the Spirit to help you discern how to live.

Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end. Amen.