



## **Why Should We Pray To the Holy Spirit?**

During the Last Supper, Jesus says to the apostles:

*“But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you.”*

*John 16:7*

Imagine the confusion for the apostles when Jesus spoke these words. We heard from the Gospel for the feast of the Ascension that the apostles still doubted Jesus’ divinity even as he ascended before them into heaven. And if that was after Jesus’ death and resurrection, and the forty days of instruction that followed, imagine how lost and confused they must have been during this moment. They had yet to fully comprehend that Jesus was about to die, never mind understanding who the Advocate was, why he was coming, and why it was better that Jesus leaves so he could come.

### **Holy Spirit Hidden in Plain Sight**

I think there are many times in our lives when we feel just as confused and lost as the apostles, questioning in our hearts, “Jesus, why is this better?” Why is it better that you conceal your presence and divinity in the Eucharist? Why is it better that we receive grace through the sacraments, which can become so mundane and misunderstood? Why is it better that we have to pray for what we need if you already know? Or even, why is it better that suffering and pain - of any kind - is allowed?

That last question usually strikes at our hearts the hardest. Fear or disdain of pain and suffering is a fundamental motivator for all human actions or reactions. Especially in a first-world country, when every comfort or tool is at our disposal, instantly, it can be quite difficult to accept pain, loss, separation, or suffering of any kind. If we’re hungry, we eat. If restaurants or stores are closed, we order food online. If we miss someone’s presence, we video chat with them or send them goofy pictures of our dogs. Because of this, I think we can understand the apostle’s confusion and fear when Jesus announces that it is better if he leaves. How can that possibly be better?

### **Through Him, with Him, and in Him**

Looking back at Genesis, we see the sin of Adam and Eve was trying to be like God without God. They ate the fruit so they could be like gods, knowing good and evil. The serpent deceived them saying that God did not want them to eat the fruit of the Tree of the Knowledge of Good and Evil because he did not want them to be like him. Jesus has taught us that this could not be farther from the truth. Through the Church, we can approach the new fruit from the tree—the Cross—and by it, become one with God.

As our Advocate, we must pray to the Holy Spirit to inspire us to live holy and fruitful lives. Just as we need him to receive grace through the sacraments, we also need him to

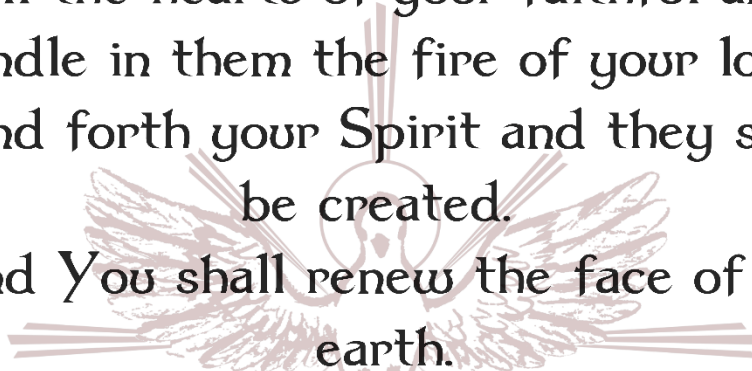
use this grace to spread the message of redemption and sanctification throughout the whole world. We must trust that God knows what he is doing, even when it seems to us that this could not be the “better” way. The Cross has become our better way, and the Holy Spirit, our Advocate will ensure that we can live the abundant life that Jesus has promised is possible when we live it in, through, and with him.

This was taken and adapted from [ascensionpress.com](http://ascensionpress.com) written by Caroline Harvey. You can also check out *The Catholic Catechism in a Year Podcast* series offered by Ascension Press



## Come Holy Spirit

Come Holy Spirit,  
fill the hearts of your faithful and  
kindle in them the fire of your love.  
Send forth your Spirit and they shall  
be created.  
And You shall renew the face of the  
earth.



O, God, who by the light of the  
Holy Spirit, did instruct the hearts of  
the faithful, grant that by the same  
Holy Spirit we may be truly wise and  
ever enjoy His consolations,  
Through Christ Our Lord,

Amen.