

## Reflection Thursday Week 30 – 2022

Paul is writing from Rome where he is held captive. In his letter today, he could have been speaking about Baptism. We are washed in water, anointed with oil, clothed in Christ, bearers of the light of Christ and gifted with faith. Our mission is to preach and be Good News and we are promised the help we need to do this, becoming temples of the Holy Spirit. A spirit of wisdom, courage, discernment and the power to fulfil our mission as the Holy Spirit works in us and through us. The blessing of the chrism oil is like putting on the armour of Christ. The Spirit fills us with truth like a belt around the waist and we wear integrity as a breastplate courtesy of the Holy Spirit. Paul makes it clear as Jesus also showed us throughout his life that prayer is key. Prayer is the life blood, the wherewithal that reminds us that the Father journeys with us, supports us, guides us and through us produces wonders.

### POPE FRANCIS

*“How many Christians today know who Jesus Christ is, know who the Father is – because they pray the 'Our Father'? When you talk about the Holy Spirit... 'Yes, yes... ah, it's the dove, the dove,' and they stop there. The Holy Spirit, though, is the life of the Church, it's your life, my life... We are the temple of the Holy Spirit and must guard the Holy Spirit, so much so that Paul advises Christians 'not to sadden the Holy Spirit.' That's to say, not to have a conduct contrary to the harmony the Holy Spirit makes within us and in the Church. It is harmony, it gives harmony to this building.”*