By AJP

No.5: The Holy Spirit

The Holy Spirit is one and the same nature as the Father and Son.

By the power of the Spirit we are not only saved but also raised up to a new kind of life, (sort of superhumans).

He is only known through His actions, e.g. in the Scriptures He inspired, in the liturgy, in prayer.

Most famously we say that Mary conceived Jesus by the power of the Spirit. He is also known as The Paraclete (i.e. He who is called to one's side, or the consoler).

Jesus called Him, 'the spirit of truth'.

We say that He came especially at Pentecost on those gathered in the upper room. But He has been at work throughout all time and space.

'Because you are sons, God has sent the Spirit of his Son into our hearts, crying, "Abba Father!" (Gal. 4:6)

From the beginning to the end of time, whenever God sends his Son, he always sends his Spirit: their mission is conjoined and inseparable.

While equal in nature the three persons of the Trinity have different duties to perform. It is the mission of the Holy Spirit to do the work of God the Son once Jesus left the earth. But this does not make His character any less than theirs.

God knows we can do not good of ourselves. Hence, He gives us the power to achieve it.

Thank God, for the care you show us even if we do not always see it.

'These reflections are loosely based on 'Catechism of the Catholic Church' 1994 where you can find more.

But please do ask questions or share your knowledge to help us all build our Faith'