

## W E E K L Y   M E D I A T I O N

### About the Holy Spirit the Comforter

*"But the Comforter the Holy Spirit whom the Father will send in My Name, He shall teach you all things, and bring all things to your remembrance, whatsoever I have said to you" (St. John 14:26).*

What practical meaning do these words have, if not that it is necessary that we pray daily that the Holy Spirit be sent to us just as we pray every day for our daily bread? God is willing to send us the Holy Spirit every day but He seeks that we pray daily for the Holy Spirit. For as, in regard to bread which is, at one time abundant and at another time scarce, so it is also in regard to the Holy Spirit. The Holy Spirit comes to us and departs from us, according to our zealously and our slothfulness in prayer, according to our good deeds and our patience. That is the reason why the Church established that morning services begin with an invocation of the Holy Spirit: "O Heavenly King, the Comforter, the Spirit of Truth, Come!", and after that comes the prayer: "give us our daily bread!" Why? Because, without the Holy Spirit, we do not even know how to use bread as it should be used for our salvation.

"He shall teach you all things." That is: every day and every night, according to the conditions and circumstances in which you will find yourself in, He will direct you, counsel you, teach you what you should think, what you should say and what you should do. For that reason, implore from God only the Holy Spirit and all else He Himself will bring with Him all that you will need at that particular moment. When the Holy Spirit shall descend upon you, you will know all, understand all and you will be capable of all that is necessary.

"And bring all things to your remembrance whatsoever I have said to you." That is: do not be afraid that you will forget my teaching and my words. The Holy Spirit also knows all that I know so when He will be present in you all My teaching will be present in you, together with Him.

O Lord, Holy Spirit deign to descend upon us not according to our merits but according to the merits of the Lord Jesus and according to Your infinite goodness.

To You be glory and thanks always. Amen.

*The Prologue from Ochrid, March 17*