



Recognizing The Call of The Holy Spirit

"The Holy Spirit is the interior Master of Christian prayer." (CCC 2672)

The Four Callings

	Scripture	CCC Reference	Core Grace
Samuel	"Speak, Lord, for your servant is listening." (1 Sam 3:9)	CCC 2578: The model for prayerful listening and absolute availability.	Holy Silence: Learning to hear the whisper over the noise.
Mary	"May it be done to me according to your word." (Luke 1:38)	CCC 721: The masterwork of the mission of the Son and the Spirit.	Radical Surrender: Saying yes without needing the full roadmap.
Peter	"Repent and be baptized every one of you..." (Acts 2:38)	CCC 731: Pentecost fully reveals the Church and pours out the Spirit.	Restorative Mercy: Transforming past failures into leadership.
Paul	"He is a chosen instrument of mine..." (Acts 9:15)	CCC 442: Radical conversion showing the immediate power of grace.	Total Redirection: Transforming raw passion for God's glory.

Reflection and Small Group Discussion

1. **Samuel:** In a world full of digital noise, what is one practical way you can create "holy silence" this week to listen for God's whisper? *1 Samuel 3:1-19*
2. **Mary:** Is there an area of your life right now where God is asking for your *Fiat* (your "Yes"), but you are hesitating because you cannot see the future? *Luke 1:26-38*
3. **Peter:** Peter allowed his guilt to be transformed by the Holy Spirit at Pentecost. How can we let go of past mistakes and trust that God still wants to use us? (*Luke 5:1-3 or Matthew and 5:1-16, 37-40*)
4. **Paul:** Paul's intense personality was redirected for good by the Holy Spirit. What unique traits, talents, or passions has God given you that the Spirit might be calling you to use? (*Acts 9:1-19*)

Is It The Holy Spirit or My Own Thoughts?

1. Check Alignment with Scripture and Tradition

- **The Holy Spirit:** Never contradicts Church teaching or the Bible. He always prompts you toward holiness, humility, and commandments.
- **Your Own Thoughts:** Can rationalize selfish behavior, compromise moral truths, or prioritize personal comfort over God's law.

2. Examine the Immediate Fruits

- **The Holy Spirit:** Brings a deep, abiding inner peace, even in difficult situations. He inspires charity, patience, and humility.
- **Your Own Thoughts:** Often generate anxiety, restlessness, pride, or a frantic sense of urgency.

3. Observe the Direction of the Ego

- **The Holy Spirit:** Directs your focus outward toward God and serving others. His voice gently corrects sin without causing despair.
- **Your Own Thoughts:** Often center on self-preservation, vanity, or seeking validation. Your internal critic may also cause toxic guilt or shame, which never comes from God.

4. Look at the Consistency

- **The Holy Spirit:** Is persistent, gentle, and recurring. A divine prompting will often return quietly during prayer over days or weeks.
- **Your Own Thoughts:** Are fleeting, reactive, and easily swayed by your current mood, hunger, or tiredness.

Practical Steps for Catholic Discernment

- **Receive the Sacraments:** Regular Confession and Eucharist clear spiritual noise.
- **Practice Spiritual Silence:** Intentionally disconnecting from noise to open your heart to God's presence. Common examples include Eucharistic Adoration, making a silent retreat, practicing the Daily Examen, engaging in *Lectio Divina*, and participating in the silent moments of the Mass are ways for contemplative or mental prayer.
- **Seek Spiritual Direction:** Discuss your consistent thoughts with a priest or trained spiritual director for objective feedback.