

A wonderful way for Catholics to confirm this decision is through the Sacrament of Reconciliation and to celebrate their relationship with Jesus in Holy Communion.

Maybe you have already made a commitment to Jesus but are still not experiencing the power of the Holy Spirit in a real way in your life. Here is a suggested prayer to help you do this,

Daily prayer to the Holy Spirit.

O Holy Spirit, beloved of my soul I adore you. Enlighten me, guide me, strengthen me and console me. Tell me what I ought to do and command me to do it. I promise to be submissive in everything that you permit to happen to me. Only show me what is your will and give me the grace to do it. Amen. (Cardinal Mercier)

What now? Each day speak to God and read His words to you in the Bible. Fully participate in the life of your church.

For more information contact

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An Tobar Nua are committed to encouraging people of all denominations in an ongoing intimate relationship with Jesus Christ in their own faith community.



Do You Want
Power
for Living?

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Deep down do you want power to be more loving, joyful, peaceful, patient, kind, good, faithful, and gentle? Do you want to have more self-control? (Gal 5:22-23)

Have you looked for happiness in drink, drugs, sex, money, power or in your job? Have you found what you are looking for? Has the search left you drained, disillusioned or miserable?

There is hope! God wants to give these character traits to us if we will truly open our hearts to be led by Him every day.

How?

Step 1: Realise that you have messed up: that you have said, thought or did things that were wrong (what the Bible calls sin). Check out this list to help shine a light on your life: outbursts of anger, bitterness, sex outside of marriage, drunkenness, bad language, lying, stealing, violence, lust, dishonouring your parents, abortion, gossiping and being jealous of what others have. (Gal 5:19-21 Deut 5:6-21) These produce spiritual death in our lives both now and for eternity. (Romans 6:23a)

Step 2: Understand that because of the death and resurrection of Jesus Christ you can be forgiven no matter what you have done. Jesus desires that you experience eternal life now, and that you go to be with Him in heaven when you die. (Romans 6:23, John 10:10, John 3:16, Romans 4:25)

Step 3: Surrender your life to Jesus Christ and ask Him to fill you with His Holy Spirit. Ask Him for forgiveness and to help you turn away from the things in your life that are wrong.

(Acts 2:38, Romans 10:9-10, Gal 5:16)

When we make this choice to give our lives to Jesus, the power of the Holy Spirit is released in our lives and we begin to experience the love, joy and peace that God desires to give us, even in times of suffering.

Suggested Prayer of Surrender.

Lord Jesus, thank you for saving me by your death and resurrection. I give my life completely to you. Please forgive my sins and change me into the person you created me to be. Please fill me now with your Holy Spirit. Thank you. Amen.