

## Our Lady of Pentecost Institute

John Connelly Session Notes Summer 2021

Session I **EMPOWERED:**  
by the *Greatest Idea in History!*



**Gods great master idea is the Reign of Jesus & His Spirit in His people.  
His Loving & Merciful Presence living in us now & for all eternity.  
He is the source of our hope, peace, & joy in these troubled times.**

### **Scriptures for Meditation & Prayer with the Holy Spirit:**

I PRAY THAT OUT OF HIS GLORIOUS RICHES HE MAY STRENGTHEN YOU WITH POWER THROUGH HIS SPIRIT IN YOUR INNER BEING, SO THAT CHRIST MAY DWELL IN YOUR HEARTS THROUGH FAITH. AND I PRAY THAT YOU, BEING ROOTED AND ESTABLISHED IN LOVE, MAY HAVE POWER, TOGETHER WITH ALL THE SAINTS, TO GRASP HOW WIDE AND LONG AND HIGH AND DEEP IS THE LOVE OF CHRIST, AND TO KNOW THIS LOVE THAT SURPASSES KNOWLEDGE--THAT YOU MAY BE FILLED TO THE MEASURE OF ALL THE FULLNESS OF GOD. NOW TO HIM WHO IS ABLE TO DO IMMEASURABLY MORE THAN ALL WE ASK OR IMAGINE, ACCORDING TO HIS POWER THAT IS AT WORK WITHIN US, TO HIM BE GLORY IN THE CHURCH AND IN CHRIST JESUS THROUGHOUT ALL GENERATIONS, FOR EVER AND EVER!

EPHESIANS 3:16-21

**Matthew 25** “Then the kingdom of heaven will be like ten virgins, who took their lamps and went to meet the bridegroom. **2** Five of them were foolish [thoughtless, silly, and careless], and five were wise [far-sighted, practical, and sensible]. **3** For when the foolish took their lamps, they did not take any [extra] oil with them, **4** but the wise took flasks of **oil along with their lamps.** **5** Now while the bridegroom was delayed, they all began to nod off, and they fell asleep. **6** But at midnight there was a shout, ‘Look! The

bridegroom [is coming]! Go out to meet *him*.’ **7** Then all those virgins got up and put their own lamps in order [trimmed the wicks and added oil and lit them]. **8** But the foolish *virgins* said to the wise, ‘Give us some of your oil, because our lamps are going out.’ **9** But the wise replied, ‘No, otherwise there will not be enough for us and for you, too; go instead to the dealers and buy oil for yourselves.’ **10** But while they were going away to buy oil, the bridegroom came, and those who were ready went in with him to the wedding feast; and the door was shut *and* locked. **11** Later the others also came, and said, ‘Lord, Lord, open [the door] for us.’ **12** But He replied, ‘I assure you *and* most solemnly say to you, I do not know you [we have no relationship].’ **13** Therefore, be on the alert [be prepared and ready], for you do not know the day nor the hour [when the Son of Man will come]. (Amplified Bible with Greek meanings)

**"The Spirit and the Bride (i.e. Wise Virgins) say, Come!** And let the one who hears say, *Come!* Let the one who is thirsty come; and let the one who wishes take the free gift of the water of life... He who testifies to these things says, “Yes, I am coming soon.” Amen. **Come, Lord Jesus.** (Revelation 22:17,20)

**The final prayer in the Bible... "Come Lord Jesus" is Gods mandate for our time.** It is a cry, a deep inner calling out, for the Spirit & Presence of Jesus to come reign in our lives, our families, our Church & our broken world. Imagine all Christians calling out fervently to Jesus to come & reign. To come live His Life of Love in us.

(see also Acts 2:17& 21, Zephaniah 3:12, Catholic Catechism 2666-2668)

This simple, God-inspired, three word prayer is our call to **Watch & Pray** always. (see Mt 26:41) To be continually filled with His Spirit & Presence now as we await his coming in glory. (Eph 6:18) His coming which will put an end to the corruption we see all around us.



### **The 2 Inner Lamp Questions:**

(The Wise Virgin Approach to letting our inner lamps, our inner being stay full. Imagine a lamp shining within you...)

🙏 **Watch: What am I experiencing now?**

Observe calmly the Thoughts...Feelings...within me.

Am I in Consolation or Desolation? (St Ignatius Loyola)

🙏 **Pray: Am I choosing to let go to the flow of the Spirit of Jesus...with every breath?**

### **Daily Inner Lamp Practice:**

🙏 **Come Lord Jesus!**  
**with every breath**

I breathe in praying Come Lord Jesus...

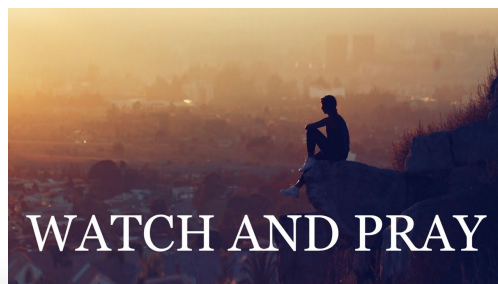
opening to His Spirit of Love filling me now.

I breathe out & let go to the flow...

trusting His Presence reigning in me & over all.

Watch...Pray...Let Go...with Love.

Let faith & gratitude fill our inner lamp always.



Our life will be a success if, at the moment of death, we have in our soul the life above our nature, the Supernatural Life. It will be a failure if, at death, we have not the Supernatural Life. For if we have it, then we have in our soul the powers that would enable us to live the life of heaven; if we have it not, we lack these powers and therefore will be totally unable to live the life of heaven.

—Frank Sheed, well known Catholic Apologist from A Map of Life