



Seriously, who is the **Holy Spirit**? Most people have an idea about God the **Father** and God the **Son**, but not much of one when it comes to their more **elusive** partner, the third person of the Blessed Trinity: **The Holy Spirit**.

The **Holy Spirit** has been in some ways the **neglected** person of the Blessed Trinity. Think about it: When was the last time you thought of the Holy Spirit as something other than just a flaming fire or dove who happens to show up from time-to-time in the Bible?

As with the **Trinity**, no one can ever **fully** comprehend the **Holy Spirit**. Like many things in the Catholic faith, it has an element of mystery to it. But, a definitely **understandable** mystery, however, because of the **infinite** nature of God, we **can't** understand **all** of it.

Knowing that we **can't** ever fully take it all in should never stop us from trying to see what we can though. God has made our **limited minds** capable of understanding pieces of His **infinite complexity** for a reason and trying our best to discover **why** can only make us more amazed and in love with Him.

The **Holy Spirit** is love and is a **distinct** person of the **Holy Trinity** and has always existed as the **never-ending relationship of love and unity between God the Father and God the Son**. The Holy Spirit has existed for all of eternity and plays a big role in the **creation** of the universe and bringing about our **salvation** through **Jesus Christ**.

When we are baptized, the Holy Spirit takes **permanent residency** within us, which means He is always available. As I have said before: "God is **always** on call!" Think about how **incredible** a gift that is: The **Creator** of the entire universe and everything in it has made a home **inside each of us**. I find it "**awesome**" that **God wants to** make His home in **me!** And, **you**, too. Have you thanked Him lately for this gift? Do you check in with Him throughout the day?

It is this **Holy Spirit** that fills us with **joy** and **keeps us going** on days when we feel we can't handle all that is going on in our lives. When you need help, **say** or **shout** out: "**COME, HOLY SPIRIT**". Then relax and let God take over.

Come, Holy Spirit!