

## Monthly Reflection:

June 2025

"And I will ask the Father,  
and he will give you  
another Helper, to be  
with you forever."  
(John 14:16)

Young Jean-Marie Vianney was often seen as slow and lacking in promise in the eyes of the world. Yet his transformation into St. John Vianney is a powerful witness to what the Holy Spirit can accomplish in a soul completely surrendered to Him. Having experienced the Spirit's intimate guidance in his own life, the saint wrote: "The Holy Spirit leads us like a mother taking her two-year-old child by the hand, like a sighted person guiding one who is blind."

Jesus became man and fulfilled the mission of salvation so that we might become heirs of heaven. Knowing we couldn't enter, remain in, or grow in the joy of salvation on our own, He gave us the same Spirit who guided Him on earth. This gift reveals the depth of His desire for our eternal salvation. How blessed we are to unite our hearts daily with this divine Helper, allowing Him to guide, strengthen, and sanctify us in the ordinary moments of life.

God gives us His Spirit to be with us always. The Greek word Paraclete—translated in English as Advocate, Helper, Counsellor, or Comforter—reveals the many roles the Holy Spirit plays in our lives. How incredible is the confidence, strength, and peace that flow from knowing this: that God Himself dwells within us and walks beside us constantly, as our unfailing Guide and Helper!

In the Acts of the Apostles, we see the Holy Spirit always being with the disciples after their Pentecost experience. Whether they were preaching in the streets, questioned by authorities, imprisoned, travelling or cooking food, or going through severe trials, the Holy Spirit was with them, helping and strengthening them.

We know that "our adversary, the devil, prowls around like a roaring lion, seeking someone to devour" (1 Peter 5:8). When he attempts to sift us like wheat through trials, temptations, and subtle deceptions, we are not left defenseless. In these moments, we are called to lean on the Holy Spirit—our ever-present Helper and Protector—who empowers us to resist evil.



St. John Vianney said, "If the damned were asked, 'Why are you in Hell?' they would answer, 'For having resisted the Holy Spirit.' And if the saints were asked, 'Why are you in Heaven?' they would answer, 'For having listened to the Holy Spirit.'" These words highlight the crucial need to listen to the Holy Spirit—our divine guide and source of wisdom. He is always active within us, yet speaks gently, not forcefully. To receive His guidance, we must develop spiritual sensitivity: ears that hear and hearts that obey.

We normally turn to a helper when we face something beyond our own strength. In our spiritual life too, it's often in moments of struggle that we seek the Holy Spirit. But as we grow in faith, we begin to realise that it's not just in difficulty—we truly can do nothing without Him. This deepening awareness draws us into greater intimacy with the Spirit in every step of the journey.

In the difficult and confusing moments of life, when many are unsure of what to do or whom to turn to, a disciple of Christ finds peace by dwelling in the loving companionship of the Holy Spirit. This deep bond, however, can only be nurtured through prayer and silence. The Holy Spirit does not contend with the clamour and unrest in our thoughts; He patiently waits for stillness.

Has a spirit of discernment and obedience to the Holy Spirit become a way of life, shaping not only our personal decisions but also the rhythm of our Jesus Youth fellowships? As we prepare for a new Pentecost with the Universal Church, may it spark a deep desire to be led by the Spirit, seen in our bold embrace of the mission He entrusts to us in the Jesus Youth movement. May this Pentecost Day pledge reflect this desire. Jesus Youth is called to be a community that truly loves, listens to, and follows the Holy Spirit. With Him as our helper, we are empowered to live our core mission - to be and to proclaim the Good News.

- Renny Njarakulam

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