

Theme Sharing

Pentecost Sunday

Obedience and the Spirit

Today's gospel ties in the gift of the Spirit with obedience to Jesus. Original sin was one of disobedience, so the Spirit will be the antidote to that, in our salvation and redemption.

Obedience comes from the Latin word obedientia, which literally means to hold one's ear against. It is a special form of listening, like the native Indian holding his ear to the ground, or someone holding a bugging device to his ear, as he listens into a conversation from some distance.

The kind of listening that is spoken of today is, in itself, a gift of the Spirit. The Spirit will remind us, will teach us, and will inspire us. The Spirit will lead us, and guide our feet into the way of peace. In asking for our obedience, Jesus does so for our good. There is always a little voice whispering within. Sometimes it's the human voice, sometimes the whisper of the evil one, and sometimes it is the voice of the Spirit of God. It is important to be able to discern the voices. When I have an open and generous heart, it is so much easier to recognise the voice of God's Spirit. If my attitude is right, and if I really want to hear that voice, then I can be sure that I will hear it. "There are none so deaf as those who don't want to hear." When Pilate asked Jesus, "What is truth?" we are told that he walked away, and didn't wait for the answer.

Jesus places the Father fairly and squarely in the midst of today's gospel. It was the Father who sent him, and it is the Father who will send the Spirit. If we listen to the message, then the Trinity, Father, Son, and Spirit will come and make their home within us. What an extraordinary promise!

My generation grew up on promises. We were always making promises to God. New Year's Day, Ash Wednesday, every retreat, etc. It is actually part of the conversion process when I stop making promises, and begin to listen to the promises of Jesus. There is not one "maybe" or "might" in all his promises. "Heaven and earth will pass away before my word passes away." Elizabeth said to Mary, "All these things happened to you because you believed that the promises of the Lord would be fulfilled." Today's gospel contains a clear and central promise. Jesus showed clearly that he had full authority over

all the power of the evil one. He gave constant witness to the fact that he could subdue Satan, and rout him. Because I can be, and often am, selfish or disobedient, it would be untrue to always put the blame on Satan. Eve tried that one when she said that it was the devil made her do it! Satan does, however, rejoice, and he connives in our disobedience. Jesus gives me the authority he himself exerted, and, if I wish to remain obedient to Jesus, I must get into the habit of exercising that authority.

Diocese & Other News

Consecration of Canada to the Immaculate Heart of the Blessed Virgin Mary

As part of the celebrations marking its 150th anniversary, the Confederation of the Bishops of Canada will be consecrating our country to the Immaculate Heart of Mary. Bishop McGrattan will consecrate the Diocese of Calgary on 1 July, 2017. All are invited to St. Mary's Cathedral at 10am for a service of Adoration, Scripture, rosary, and the consecration followed by a BBQ. The regular daily Mass at St. Mary's remains at 9 am followed by exposition of the Blessed Sacrament. For more information contact the parish office at 403-228-4170.

ONE ROCK festival

The Festival welcomes visitors from throughout Western Canada this August 11 to 13. You are invited to become one of the nearly 300 volunteer Team Members needed to bring the festival to life. Please visit www.onerock.ca to sign up or learn more! Contact: Volunteer Coordinator at volunteers@calgarydiocese.ca. Early bird pricing is on now. Tickets and more information on this year's headliners are available at: www.onerock.ca

Planned Giving Seminar Invitation

You are invited to learn how to maximize your family's net worth. Join our upcoming Planting a Future Seminar at the Catholic Pastoral Centre 120 - 17 Ave SW on Wednesday June 14 – Registration 9:30am, Presentation 10:00am - 11:30am. Limited seating; registration required. Contact Doreen 403-218-5522 or charities@calgarydiocese.ca to register.

27th Annual Bishop's Golf Tournament

Golf with us! August 14, 2017 – 27th Annual Bishop's Golf Tournament in support of Feed the Hungry at Silvertip Resort, Canmore. More information at golf.feedthehungrycalgary.ca or contact feedthehungry@calgarydiocese.ca or call 403-218-5522.

Parish Activities

Parish TIA and Father's Day BBQ Picnic

Please invite your family and friends to join our parish TIA and Father's Day BBQ Picnic at the Bowness Park (8900 - 48 Ave, N.W.) on Sunday, June 18 from 9:30 a.m. to 3:00 p.m. Tickets and detail will be available at the Church entrances from May 21 to June 11. Each BBQ bag is \$10.

Youth Night

Youth Night June 10th, 2017
Youth Night will be held on Saturday June 10th, 2017 from 6pm -10pm at Upper Hall. Potluck dinner will begin at 6pm and a spiritual talk will follow at 7pm. Afterwards, we will be going rock climbing at the University of Calgary. The fee will be \$15 per person. All youths, young adults and families are encouraged to attend this event.

Together in Action 2017

The 2017 "Together in Action" commences on the first Sunday of Lent (March 5). The theme this year is: "Blessed are the merciful, for they will obtain MERCY." (Matthew 5:7)"
Our parish's target is \$22,607 as designated by the Diocese. As of April 17, our campaign has received a total of \$6,600. This year's TIA is led by Pastoral Care Team. We plead for your ongoing support. Together we will help thousands within our own communities and abroad through difficult times. Let's give sacrificially, act out our faith, and join Together in Action

Weekly Activities

Wed, Fri June 7, 9

OLPH Senior Centre

Time: 9:00a.m.-12:00 noon

Place: OLPH Church Upper Hall

Fri June 9

Wing Kei Greenview Mass

Time: 10:00a.m.

Place: 307- 35 Ave. N.E

OLPH Scout

Time: 6:30pm.-8:30pm

Place: Upper Hall & Lower Hall

Sat June 10

Legion of Mary (meeting)

Time: 9:45 a.m.

Place: K of C Room at OLPH Church

Faith Sharing Group (N.E)

Time: 10:30a.m.-12:00noon.

Contact: Sr. Sze 403-230-3801

Tai Chi Lesson

Time: 10:00 a.m. - 12:30p.m.

Place: OLPH Church Lower Hall

Yoga beginner class

Time: 11:30 a.m. - 12:45p.m.

Place: OLPH Church Upper Hall

R. C.I.A (Mandarin)

Time: 3:00 p.m. - 5:00p.m.

Place: K of C Room

Young Adults choir practice

Time: 5:00p.m.-7:00p.m.

Place: OLPH Lower Hall

Faith Sharing Group (N.W.)

Time: 7:30p.m.-10:00p.m.

Contact: Anna Tam 403-285-5023

Grace Chan 403-208-1806

Sun June 11

R. C.I.A (Cantonese and English)

Time: 9:30 a.m. - 12:30 p.m.

Place: OLPH Church Lower Hall

Sunday School

Time: 10:00a.m.-12:30p.m.

Place: OLPH Church Office Building

Let There Be Light

Children's Letters To God

Dear God, I read the Bible. What does begat mean? Nobody will tell me.

- Love, Allison.

Dear God, Instead of letting people die and having to make new ones, why don't You keep the ones You already have now? - Jane.

Dear God, Maybe Cain and Abel would not have killed each other if they had their own rooms. That's what my Mom did for me and my brother.- Larry.

Dear God, If You watch me in church on Sunday, I'll show You my new shoes. - Mickey.

Dear God, I bet it is very hard to love everyone in the whole world. There are only 4 people in our family and I'm having a hard time loving all of them. -Nan.

Dear God, Are You really invisible or is it just a trick? - Lucy.

Dear God, Did You mean for the giraffe to look like that or was it an accident? - Norma.

Dear God, I went to this wedding and they kissed right in the church. Is that OK? - Neil.

Dear God, Did You really mean "do unto others as they do unto you"? Because if You did, then I'm going to get my brother good. - Darla.

Dear God, Thank You for the baby brother, but what I prayed for was a puppy. Joyce.

Dear God, I think about You sometimes, even when I'm not praying. - Elliot.

Dear God, My brother told me about being born but it doesn't sound right. They're just kidding, aren't they? - Marsha.

Dear God, I didn't think orange went with purple until I saw the sunset You made on Tuesday. That was cool.- Eugene.

Becoming a minister

After a church service on Sunday morning, a young boy suddenly announced to his mother, "Mom, I've decided to become a minister when I grow up." "That's okay with us, but what made you decide that?"

"Well," said the little boy, "I'll have to go to church on Sunday anyway, and I figure it will be more fun to stand up and yell than to sit and listen."

Faith Sharing Stories

Trouble in Paradox

He was the weakest candidate running for president and yet he was the strongest. He did not have the experience, as did other candidates running against him for the highest office in the land. He had unresolved issues from his past that were definitely going to rear their ugly head as soon as he was in the limelight.

On the other hand, he had the charisma and charm and peace about himself that won people over the moment they met or saw him. People liked him and wanted to spend time with him. They felt good around him. People loved to hear his wisdom as he spoke on how to overcome the problems facing everyday people. He was a winner, but he had a problem that had to be addressed. It was necessary, not for him to win the most important position in the world, but for him to manage the job to the good of everyone. There was something that had to be removed first and that was his secret besetting sin...pride.

People told him all his life he was special. Eventually, he believed it. It was true, but for an important man of God, he must learn to walk on his knees, humbly before his God, with a contrite heart.

So evil men and women set upon the task of destroying him in any way they could. He endured for a while, but eventually the weight began to weigh him down.

After he started to slip backwards in the polls and after having to admit his judgement was not as good as he thought it was, he was forced down to his knees. There he repented of his pride and rededicated himself to God's Will and not his own.

Slowly, the controversy surrounding him began to dissipate. People saw him now as a man...a good man...but nonetheless a man, a man they could trust to seek out wisdom and care for them the way a leader should care for his flock.

Finally, God had him where he wanted him and the future was bright, because the path was illuminated by the light of God.

Read More Know More

Gifts and Charisms of the Holy Spirit

Wisdom – an understanding in our inner being, which enables us to see God's viewpoint or vision of the world. It helps us develop the ability to make judgments about everything in our lives on the basis of a deep, personal union with the Lord and his abiding love.

Understanding – enlightenment of our minds and hearts with divine truth so that we can grasp the mysteries of the Lord. This gift enables us to see the Lord more deeply. It also illuminates the Holy Scriptures as we read them and gives us knowledge of God and his ways. Signs of this gift are new insight into the Scriptures, increased depth in prayer, and renewed appreciation of the sacraments.

Counsel (Right Judgment) – the ability to receive and/or give good advice. It empowers us to make decisions in the Spirit in practical life situations and allows for maturity as we grow in our Christian walk. Sometimes it takes place in the sacrament of Reconciliation. The Holy Spirit helps us discern good from evil, right from wrong. We grow in this gift by humbling ourselves to seek help from others when faced with a difficult situation.

Fortitude (Courage / Strength / Zeal) –

enables us to face with strength the trials and dangers we encounter in our Christian life. It empowers us to choose consistently the right way to live in spite of disappointments and difficulties. We can grow in courage by resisting the temptations of the world: money, power, self-centeredness, and self-righteousness. It is often seen as the root of the charism of evangelism.

Knowledge – is having a deep trust and sureness about the Lord and knowing the truths of Christian revelation. This gift of the Holy Spirit produces in us a deep trust and sureness about the Lord. We grow in the gift of knowledge through daily study of the scriptures and the teachings of the Church.

Piety (Love) – called in Romans 8:15 the "spirit of adoption" produces in us a loving and worshipful consciousness of God as our Father. Piety leads us to a true image of our Father as merciful, faithful, abounding in steadfast love, slow to anger – but also firm and just. It also helps us to see God's holiness reflected in other people and to love them. We grow in piety through the practice of justice, attitudes of cooperation with authority, truthfulness, friendliness, and humility.

Fear of the Lord – an attitude of reverence and awe in the presence of God. It is not to be confused with the emotion of fear. However, fear of offending God is a manifestation of our reverence and respect for WHO GOD IS. This gift enables us to reverence all life as a reflection of God's life. We grow in reverence by praying to God often, by being thankful for God's gifts, and by respecting God's name. Fear of the Lord is the spiritual door to the full Christian life, a great aid in overcoming sin in our lives. (See Psalm 111:10; Proverbs 9:10; Psalm 34:12-15)

***The Motivational Gifts** – Romans 12:6-8

(These gifts are talents given to you when God formed you in the womb. These talents are referred to as gifts because they are freely given to us by God so we can contribute to our society and bring glory to Him as we utilize them. These gifts help us to develop our personalities, character, and often our vocations. These are gifts that in some measure are present in each of us, even though one may be more prevalent than another.)

PROPHECY (Prophet / Perceiver) – one

who clearly perceives the will of God – not to be confused with the function/position of 'prophet' who is one in that role due to anointing of the Lord and testing/discernment by the body over a period of time. (Would be a strong intercessor, having great faith that God answers our prayers.)

主日分享

聖神降臨節 (五旬節主日)

經驗聖神

我們作為基督徒不會對聖神陌生，因為從彌撒開始畫十字聖號，念信經，到最後降福，都不斷提到聖神的名字。但我們真的認識祂嗎？真的感受到祂的重要嗎？早期教會深刻地感受到聖神的運作。今日三篇讀經都提到聖神在門徒身上所產生的作用，時間的順序應是福音、宗徒大事錄、保祿書信，即是復活後的顯現最先，然後是五旬節，最後是保祿的經驗。讓我們順著這個次序反省聖神怎樣在我們身上產生作用。

復活的基督顯現給門徒時，向他們噓了一口氣，賜給他們聖神。在舊約中，天主向泥土造的人噓了一口氣，人就有了生命。噓一口氣是猶太人熟悉的一個形象，耶穌藉此賜人聖神，使人內心平安，有能力去寬恕。當晚耶穌穿門而入，本可令門徒震驚，畢竟耶穌是死過的人。但耶穌顯現時並非血淋淋，也非祇有上身而沒有腳；祂把手和肋旁給他們看，又溫和地祝他們平安，並沒有計較那些人會捨棄過祂，他們感受到耶穌的愛，結果是非常歡喜。

在這個平安喜樂的氣氛中，耶穌賜給門徒聖神，要他們去赦免人的罪。耶穌先讓他們感受到平安和喜樂，才派遣他們去寬恕，去傳遞愛的信息。經驗告訴我們，一個人沒有內心的平安和喜樂，感受不到愛，就不能真正寬恕，我們最多祇能壓制不發脾氣而已。讓我們記著，基督先寬恕了我們，給了我們力量，加上聖神使我們平安，我們才能真正寬恕別人。

第二篇是五旬節，可能多數人把注意力放在那些不尋常的現象，包括暴風、火舌和說他國語言；其實，作者

利用舊約常見的形象來說明天主的臨在。風和火是聖神來臨的標記，說方言是聖神臨在帶來的結果。當時羅馬人是統治者，流行的共通語言是希臘文，但不同種族的人仍保存自己的語言；來自加里肋亞的門徒，竟然說起別人的語言，這件事告訴我們，聖神超越語言的限制，來自各地不同的人，竟可收到同一信息，帶來共融的效果。

不和及紛爭往往是由不同的生活語言所引起。家庭成員各有自己的喜好，可能在電視節目、CD 音樂的選擇上彼此不讓步，各人說自己一套語言。聖神的共融使我們接受別人整個人；有了這種人與人之間的和諧，外在的語言，便顯得次要了。五旬節那天，聖神帶來了人與人之間的和諧共融，雖然人們離開時，仍各操自己的語言。聖保祿在書信中，認定基督徒因聖神的推動才會走在一起，才會說：“耶穌是主”，大家在聖神內成爲一個肢體。聖神打破種族、國籍、語言、身分、階級、工作的界限。聖保祿深深感受到聖神在基督徒團體內產生的共融效果。每人祇要在主日彌撒時環視聖堂內的人，如此差異而能走在一起，就是聖神幫助我們承認“耶穌是主”。

讓我們祈求天主，使我們經驗聖神，對聖神有一份親切的感受，因爲是他使我們內心平安，使我們有力量寬恕別人，接受別人，超越語言的限制，達致人與人之間的共融。

堂區活動

TIA 堂區及父親節燒烤同樂日

本堂將於 6 月 18 日父親節舉行堂區 TIA 燒烤同樂日。盼各教友能踴躍參加，並邀請親友同度一個愉快父親節。

日期: 6 月 18 日 (星期日)

時間: 早上 9 時 30 分至下午 3 時

地點: Bowness Park (8900 - 48 Ave, N.W.)

交通: 自備。若需要接送, 可代安排。燒烤包: 每份 10 元正

5 日 21 日開始, 可以在聖堂入口處向牧靈關愛組會員購票及查詢詳情。

青年晚會

青年晚會將於 6 月 10 日(星期六) 6 時至 10 時舉行。6 時於上禮堂開始晚餐，7 時是靈修講座。講座後往攀石。場費是 15 元。歡迎堂區所有青年及兄弟姊妹參加。

卡城鮑思高同學會週年晚會

卡城鮑思高同學會將於六月十七日，星期六，晚上六時在永援聖母堂舉行成立十五週年晚會。

並邀請本會神師蘇志超神父由香港蒞臨卡城 共享晚餐。餐券每位十五元。訂位請電郵 dbaac@shaw.ca 或致電 Simon 403-888-5377, Alex 403-680-3975

2017 教區公益金，齊來獻愛心

2017 年教區 TIA 籌款的主題為：『憐憫人的人是有福的，因為他們要受憐憫。』瑪竇福音：第五章七節
本堂所須籌募的數目為教區指定的 22,607 元，截至 4 月 17 日，捐款已累積至 6,600 元。

今年公益金將由牧靈關愛組負責統籌，懇請各位教友繼續支持，合力幫助本土社區及國外成千上萬的勞苦大眾。讓我們無私奉獻，活出信仰，攜手一起行動，慷慨解囊！

活動一週

星期三、五 6 月 7, 9 日

永援聖母松柏軒

時間：上午 9 時至正午 12 時

地點：永援聖母堂上禮堂

星期五 6 月 9 日

榮基翠景護老中心 (彌撒)

時間：上午 10 時

地點：307- 35 Ave. N.E

永援聖母堂童軍

時間：晚上 6 時 30 分至 8 時 30 分

地點：永援聖母堂上禮堂及下禮堂

星期六 6 月 10 日

聖母軍

(聖母軍聖母無玷聖心支團)

時間：9 時 45 分(開會)

地點：聖堂二樓騎士會室

東北區信仰小團體聚會

時間：早上 10 時 30 分至 12 時

聯絡：施修女 403-230-3801

楊式太極班

時間：上午 10 時至 12 時 30 分

地點：永援聖母堂下禮堂

瑜珈初班

時間上午 11 時 30 分至 12 時 45 分

地點：永援聖母堂上禮堂

成人慕道班 (國語)

時間：下午 3 時至 5 時

地點：聖堂二樓騎士會室

大專青年團練習聖詩

時間：下午 5 時至 7 時

地點：永援聖母堂上禮堂

信仰小團體 (西北區)

時間：晚上 7 時 30 分至 10 時

聯絡：Anna Tam 403-285-5023

Grace Chan 403-208-1806

星期日 6 月 11 日

成人慕道班(粵語及英語)

時間上午 9 時 30 分至 12 時 30 分

地點：永援聖母堂下禮堂

主日學

時間：上午 10 時至 12 時 30 分

地點：寫字樓大廈，聖堂騎士會室

心靈小品

人生就像火車之旅...

有它的車站...

有它的路軌...

當然也有機會遇上意外！

一出生

父母給了我們【車票】

送我們【上車】

以為父母會【陪伴】我們【走完旅程】

但是他們會在

某一個車站【下車】

只剩下我們【繼續旅程】

沿途上會遇上

其他重要的【乘客】

【兄弟姊妹】

【朋友】

【孩子】

和生命中【最愛的人】

都會陸陸續續搭上這人生【列車】

旅途中的 (某一站)

他們也會下車【永遠離座】

我們甚至【沒發現】

他們何時【離開】

何時【下車】

這段旅程充滿了

【歡樂】【痛苦】

【幻想】【期望】

【偶遇】

【再見】【辭別】

美好的旅程

要乘客

【相互幫助】

【相親相愛】

並要為舒適的旅程

【付出努力】

這段美好旅程秘訣是：

因為我們不知道

自己在何時會【下車】

所以要好好

面對人生；活在當下

【懂得調節】

【敢於放下】

【懷著包容】

【原諒】和

【付出】

因為當輪到我們

要【下車】時

希望可以【留下】

美好的【回憶】

給仍在車上的【乘客】

多麼感謝您是我這趟列車上的其中一位【乘客】

真的感受良多!

珍惜現在!

珍惜身邊人!

靈修小故事

耶穌的淚

我的希望，早就被世人扭曲了。

“我是道路、真理、與生命；沒有人能到達天父那兒除了經過我。”

我是一條活生生的透明通道，籍著我的路，希望帶給大家一個領悟，你們的王國是永恆自身，你們必得放下武器，拾起和平與愛的工具，到一個比地上王國更偉大的國度。

“我們要照著自己的形像，自己的樣式造人。”

“你們……被造為了像神，有真實的公義與聖潔。”

“主的靈在我們裡面動工，使我們愈來愈像祂，並反映祂的榮光。”

你們的原罪，是忘了在你們身體之內，有著真實的公義與聖潔；你們的

形像是主的形像，你們的樣式是主的樣式，你們的靈有主的榮光。

你們應當是完全的，如同你們的天父是完全的一樣，拿起你的十字架，拋開你對財富的依戀、對物質的渴望，拋開你們沉淪在物慾情慾中心智的黑暗與憂郁，跟隨我。看哪，天國在種子裡，在田野裡，在發酵的麵包裡，在每一個活生生的生命裡，在你們的心裡……

天父在一切萬有之內，內在智慧，慈悲，憐憫地用愛與光等待著祂的孩子們。

天父毫無偏見，天父希望一個人不是因為外在的權威而去認定一項真理，或者認定——祂就是真理，事實上祂是，然而真理在一切萬有之內，在你們所有人的心裡。

天父認可你們自靈魂內發出的重生的光，沒有恐懼，沒有威逼，那是活生生的愛，籍著對天父的愛，你們要互相友愛，鄰人，鄰邦，愛人如愛己。而我，天父之子，耶穌，榮幸為你們走出了一條前路，荆棘與鮮血是我對你們的愛，你們應為我的死而歡喜——因為竟然有人這樣愛你們，神聖地，用生命來驗證對你們的愛，毫無保留。

然而我也曾在天國哭泣。

因為，有多少我的信徒在我的桂冠上休息，不斷又不斷地想著對救主的祈盼和感求，卻繼續著一個未依我的教導原則而行的生活。

知多一點點

天主聖神

耶穌許諾要派遣「另一位」護慰者來到我們中，意思是說在耶穌回到父那裡去以後，天主聖神要繼續履行耶穌的任務，幫助門徒及基督徒團體生活在天主內。在五旬節那天，天主聖神被派了來，臨在教會的團體中，指引教會。

聖保祿在書信中也經常以不同的形象，解說天主聖神存在於信友團體中。

「我們眾人都因一個聖神受了洗，在基督內成為一個身體」。我們是天主的宮殿，天主聖神住在我們內，給我們基督內的生命。我們籍著天主聖

神，能知道「天主的奧義」。基督徒的生命籍著天主聖神，從天主聖三流到人類身上，因此「天主的愛，籍著聖神，已傾注在我們心中了」。

聖神的工作

天主聖神的工作是聖化教會，賜給教會生命。天主聖神繼續基督在世上的使命。「天主聖神就是光榮復活的主的臨在，是愛的聖神，從亙古以來就與聖父和聖子同在」。天主派遣聖神來到世上，這是建立教會的必要神恩。

在五旬節來到世人中的聖神，不再離開。藉著聖神，基督永遠臨在我們的當中。每當人們答覆天主的邀請，相信祂、愛祂，並彼此相愛時，天主聖神就在我們中工作。當聖神賦予全體受造物生命，並滲入人類的生命中時，祂就是以特別的方式臨在於教會內。

復活而生活的基督，藉聖神的力量臨在於信友當中；聖神自五旬節起，就將基督徒結合在一起，喚起他們對基督的生命、死亡與復活的回憶。天主聖神幫助信友覺察「神」在歷史中的存在，並在信仰的光照下，解釋人類的經驗。正如天主聖言曾幫助先知，從當時的時代訊號中看到天主的計劃；天主聖神如今也幫助教會解釋今天的時代訊號，並幫助教友履行他們的先知任務。

基督徒生命中的天主聖神

在天主聖神的引導和幫助下，我們可以用基督的眼光和態度，來看我們的生命。聖神是我們內心的光，讓我們得以認識基督，並懷著愛心燃燒自己，為他人服務。天主聖神能破除人與人及人與天主之間的藩籬，使之融合無間；祂激勵人們改變，遠離罪過，接受耶穌的愛及寬恕。

天主聖神在聖洗聖事中給我們的賜與，是使我們成為天主的兒女，也使我們彼此成為兄弟姊妹。聖神教導我們如何祈禱，並籍著聖神七恩，即智慧、聰明、超見、剛毅、明達、孝愛和敬畏，幫助我們過基督徒的生活。此外，聖神還給我們每個人特殊的恩賜，各司其職，共同建立基督的身體。有人做先知，有人宣揚福音；有人能治病，有人則做服事和教導的工作。正如耶穌受了聖神的引導，今天身為

信徒的我們也一樣。耶穌是人類走向天父的道路，而聖神則是人類走向耶穌的道路。