

## Those Discerning the Apostolate

The purpose of discernment is to assist with a depth of understanding of how the Holy Spirit is calling a couple towards deepening a docility towards His gifts, charisms, and mission. To assist those in the discernment process for the Missionaries of the Holy Spirit in the Family, the following has been gathered to be a formal guide of discernment for husbands and wives, particular to understand more fully the promptings of the Third Person of the Trinity and His actions within the domestic church.

The discernment process is essential prior to being a member of MHSF. For those interested in involvement in an MHSF chapter, intentional discernment with the help of others must occur. Particularly, those candidates in a period of active discernment will participate in the following:

1. An adequate discernment period ample to increase docility to the Holy Spirit
2. Understand the 7 Pillars of MHSF and their role in the family
  - a. Vulnerability
  - b. Family Prayer
  - c. Eucharistic
  - d. Sanctifying the Ordinary
  - e. Gift of Self
  - f. Discovery
  - g. Mercy
3. Complete a Novena to the Holy Spirit:

***Come Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your Love.***

***V: Send forth Your Spirit and they shall be created***

***R: And You shall renew the face of the earth***

***Holy Spirit, third Person of the Blessed Trinity, Spirit of truth, love and holiness, proceeding from the Father and the Son, and equal to Them in all things, I adore You and love You with all my heart.***

***Dearest Holy Spirit, confiding in your deep, personal love for me, I am making this novena for the following request, if it should be Your holy Will to grant it: (mention your request).***

***Teach me, Divine Spirit, to know and seek my last end; grant me the holy fear of God; grant me true contrition and patience. Do not let me fall into sin. Give me an increase of faith, hope, and charity, and bring forth in my soul all the virtues proper to my state of life.***

***Make me a faithful disciple of Jesus and an obedient child of the Church. Give me efficacious grace sufficient to keep the commandments and to receive the sacraments worthily. Give me the four Cardinal Virtues, Your Seven Gifts, Your Twelve Fruits. Raise me to perfection in the state of life to which You have called me and lead me through a happy death to everlasting life. Through Christ our Lord.***

***Amen.***

4. Commit to the ***MHSF Prayer of Consecration to Jesus through Mary***, the Spouse of the Holy Spirit
5. Be prepared to be a witness of the mission and purpose of the apostolate.
6. Meet with Lead Couple of appropriate MHSF Chapter and/or member of the apostolate Discernment Committee (depending on time frame)
7. Be directed to MHSF Founders.

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Additionally, it is recommended that at the couple undergoes an organic discernment, particular to their state in life and the thoughts, feelings, and desires that lie within their heart for interest and commitment in the Missionaries of the Holy Spirit in the Family. Some helpful methods may include the following:

1. Commitment to a weekly holy hour with Jesus in Eucharistic Adoration.
2. Daily mass (as able).
3. Reading through select MHSF resources for discernment.
4. Fasting of sorts with the intention of clarity for discernment of the apostolate.
5. Discussing and inquiring with a spiritual director (if available).

Several resources exist to assist with discernment in general. In regards to discernment towards the Missionaries of the Holy Spirit in the Family, several of them can be found in the Working Manual of MHSF.

Be assured of our prayers for you as you continue to inquire and discern the apostolate!

*-The Missionaries of the Holy Spirit in the Family*