LIBBY: Then all of a sudden, the Spirit started making them speak in different languages they didn't even know. And the kicker is, the same Spirit still lives inside of you!

KAI: Libby, you're talking about the Holy Spirit again, and He's not scary.

What was that?

CATHOLIC CENTRAL OPENING TITLES

KAI: I'm Kai.

LIBBY: I'm Libby.

KAI: Welcome to Catholic Central. Today, we're talking the Holy Spirit. Who, or what, is It? What does It do? Is It more than a new brand of artisanal whiskey?

LIBBY: Yes. First and foremost, Catholics believe that the Holy Spirit is God, as the third person of the Trinity. Traditionally, a "he," not an "it," although Catholics believe the Holy Spirit is neither male nor female. I know. It's confusing.

KAI: You might remember the Holy Spirit from such memorable moments as the conception of Jesus.

LIBBY: When it descended like a dove at Jesus' baptism.

KAI: Rub-a-dub-Dove. And in Jesus' breath when He blew on the Apostles and said, "Receive the Holy Spirit."

LIBBY: I hope He brushed his teeth that day. Then there was the speaking in tongues at Pentecost.

KAI: Way ahead of Google Translate.

LIBBY: The Holy Spirit didn't begin with Jesus, though.

KAI: For example, He was the spirit of God who hovered over the waters in Genesis.

LIBBY: Since the Hebrew word for the Holy Spirit is *ruach*, meaning "breath, air, or wind," the Holy Spirit played a fundamental role in the creation of human life.

KAI: As Genesis 2:7 says, "Then the Lord God formed the man out of the dust of the ground and blew into his nostrils the breath of life, and the man became a living being."

But wind and doves aren't the only symbolic representations of the Holy Spirit.

LIBBY: Right. We've also seen the Holy Spirit represented as cloud and light, laying on of hands, the finger of God. What do all of these have in common?

KAI: The fact that no one has any idea what the Holy Spirit actually looks like?

LIBBY: Or that the Holy Spirit carries out God's work in the world, from giving people the right words to say, to inspiring scriptures, and giving people spiritual life. Which is why every week in the Nicene Creed, Catholics say they "believe in the Holy Spirit as the Lord and Giver of Life."

KAI: Catholics also believe the Holy Spirit is a natural guide, communicating with them and helping them.

LIBBY: You could say the Holy Spirit is our "spiritual cruise director."

KAI: He works through all seven sacraments throughout a Catholic's life, giving gifts that start in baptism.

LIBBY: These are listed in Isaiah 11:2-3.

KAI: Wisdom, understanding, counsel, also known as "right judgment."

LIBBY: Knowledge, piety, or "reverence," and my favorite, fortitude, which we recognize as "courage."

KAI: We forgot fear of the Lord, and now God is angry! Fire! Brimstone!

LIBBY: Don't worry. When Catholics say "fear of the Lord," what they mean is more a sense of awe and wonder at God's power and grace. Not "fear" as in anxiety or worry.

KAI: Excellent clarification, Libby.

LIBBY: Thank you, Kai.

KAI: The Holy Spirit also helps Christians in practical ways.

LIBBY: In fact, another name for the Holy Spirit is Paraclete.

KAI: Everyone should have a pair of cleats.

LIBBY: Actually, it's Greek, meaning "the consoler," or "the one who comes to help us." Which the disciples needed, because through the Holy Spirit, they did some pretty wild things.

KAI: Watch as they drive out demons, pick up snakes with their bare hands and drink deadly poison, yet live!

LIBBY: But today, we're more likely to feel the Holy Spirit's help when we feel united to others, understanding them on an emotional level beyond words. So don't go looking for trouble.

KAI: In contrast to the Holy Spirit, which brings people together and unifies the Church, the Devil is the divider and accuser.

LIBBY: Did you steal my stuffed snake?

KAI: No, this is my reticulated python. Yours is an anaconda.

LIBBY: Oh.

KAI: Now you've done it, Libby. You accused me, so the Holy Spirit has left, and we've been plunged into darkness.

LIBBY: Sorry.

KAI: I forgive you.

LIBBY: Whew.

KAI: Also, Catholics believe they can invite the Holy Spirit to come into those situations where they need reconciliation and healing.

LIBBY: Where else do we see the work of the Spirit? Galatians 5:22 lists the fruits of the Spirit as love, joy, peace, kindness, generosity, faithfulness, gentleness, self-control-

KAI: ... and patience! Everyone's favorite fruit to practice.

LIBBY: The fruits of the Spirit are one way that you can see the Holy Spirit at work in the world, through the actions of the people that let him work on them.

KAI: Speaking of which, I'm feeling inspired to end this episode.

LIBBY: For Catholic Central, I'm Libby.

KAI: And I'm Kai. We hope you're inspired to subscribe and share.

LIBBY: See you next time.

CATHOLIC CENTRAL CLOSING CREDITS

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