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## MASS READINGS

**FIRST READING** Acts 2:1-11

**RESP. PS.** Psalm 104:1, 24, 29-30, 31, 34

**SECOND READING** 1 Corinthians 12:3b-7, 12-13

**GOSPEL** John 20:19-23



CIR WEEKLY MEETING REFLECTION  
LUST ADDICTION RECOVERY

## PENTECOST SUNDAY

This Easter season has gradually revealed the heart of recovery in Christ. We have reflected on how the risen Lord meets us in fear, walks with us in confusion, leads us as our Good Shepherd, reveals Himself as the way forward, places His Spirit within us, and sends us forth with purpose. Pentecost brings that journey to its fulfillment, as the promised Holy Spirit descends upon the apostles and transforms a fearful, uncertain group of disciples into a bold and Spirit-filled Church.

The first reading from Acts of the Apostles describes the moment vividly (Acts 2:1-11): *“And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.”* The same disciples who had once hidden behind locked doors now step forward with courage, clarity, and conviction. Something profound has changed within them—not by their own power, but by the power of God alive within them.

This is a meaningful image for those seeking freedom from lust addiction and unhealthy attachments rooted in distorted desire. Many of us entered recovery spiritually exhausted, emotionally wounded, and uncertain that lasting change was possible. We may have arrived carrying shame, secrecy, loneliness, broken trust, or a deep sense of isolation. Like the disciples, we knew

something needed to change, but we did not know how to bring that change about on our own.

Recovery often begins with surrender—with admitting that our own strength is not enough. Yet over time, something new begins to take root. We become more honest, more willing, and more open to grace. We begin to experience integrity where there was once secrecy, connection where there was once isolation, and hope where there was once despair. This is more than behavior modification. It is spiritual transformation.

The Twelve Steps call this a spiritual awakening. The Church calls it life in the Spirit. While the language may differ, the experience is very familiar: God doing within us what we could not do for ourselves.

One of the most beautiful signs of Pentecost is that people from many nations hear the apostles speaking in their own language. Diversity remains, yet understanding becomes possible. This also reflects the grace found in recovery meetings. We carry different stories, wounds, and struggles, yet when someone speaks honestly about shame, surrender, grace, healing, and learning to love rightly, something in us recognizes the truth. We understand one another at a deeper level because suffering, humility, and hope speak a common language.

This kind of fellowship is sacred. When we gather honestly, pray together, and make room for truth, the Holy Spirit is active among us. One of the quiet miracles of recovery is watching shame lose its grip, hearts become more honest, and beloved children of God begin

living with greater integrity, freedom, and reverence for themselves and others.

Pentecost reminds us that the Holy Spirit is not merely an idea or symbol. He is alive and active. He comforts, convicts, strengthens, and guides. He gives us courage to live honestly, humility to ask for help, and love that reorders our desires toward what is good, holy, and life-giving.

As we celebrate Pentecost, we are invited to remember that recovery is not fueled by willpower alone. The Spirit of God is alive within us and at work among us. What once felt impossible becomes possible through grace. We are no longer alone, and we are no longer powerless before the darkness that once consumed us. The Holy Spirit is leading us into freedom, one faithful day at a time.

#### REFLECTION QUESTIONS

- When have you recognized signs of spiritual transformation in your recovery, even in subtle or gradual ways?  
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- How has fellowship helped loosen the grip of shame, secrecy, or isolation in your life?  
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- What might it look like to cooperate more fully with the Holy Spirit's work in your healing and relationships?  
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