

PAPA

TOP SECRET

HANDBOOK OF JOY

The Seven Secrets of the Holy Spirit

Fr. Michael J. Truong Luan Nguyen, C.Ss.R.

2018 A.D.

"God respects me when I work, but He loves me when I sing."

~ Rabindranath Tagore

CONTENT

A Word from Pope Francis

Intro

Secret # 1

Secret # 2

Secret # 3

Secret # 4

Secret # 5

Secret # 6

Secret # 7

Conclusion

Appendix

A Word from Pope Francis

“To put it simply: the Holy Spirit bothers us. Because he moves us, he makes us walk, he pushes the Church to go forward. And we are like Peter at the Transfiguration: 'Ah, how wonderful it is to be here like this, all together!' ... But don't bother us. We want the Holy Spirit to doze off ... we want to domesticate the Holy Spirit. And that's no good. because he is God, he is that wind which comes and goes and you don't know where. He is the power of God, he is the one who gives us consolation and strength to move forward. But: to move forward! And this bothers us. It's so much nicer to be comfortable.”

➤ **Encountering Truth: Meeting God in the Everyday**

Intro

Did you know that the Holy Spirit likes singing? He loves it especially when you sing to Him. Not only does He like to hear you singing, He's so delighted to hear you singing His Song, the Song of Eternal Love.

Here's a secret. The Holy Spirit sings too. In fact, He sings beautifully. As St. Augustine says, He is "Beauty" ever-ancient, ever-anew.

How could anyone not sing in their heart when they behold "Beauty?"

Here's another secret. The Holy Spirit sings to Himself and He sings over you. Ask Him and He will teach you to sing His Song.

But first, let's ask Him to open your ears to hear His beautiful voice.

You may ask, "Where is the Bible proof of the Spirit singing?" Here's what prophet Zephaniah has to say:

"The LORD, your God, is in your midst,

The Mighty Warrior who saves.

He will take great delight in you,

And renew you in His love.

He will sing joyfully because of you,

As on festival days" (Zephaniah 3:17-18).

Is it really difficult to imagine our God singing? But He does. You can only see, or rather hear Him with your heart.

Now where can you hear the singing of a happy heart? Picture a mother and her baby. The boy is throwing a tantrum. Nothing she does could keep him calm, so she hollers to her husband: "Sing! Sing to your boy! Sing him a lullaby!" Clearing his throat, the man valiantly obeys:

Hush, little baby, don't say a word.

PAPA's gonna buy MOM a mockingbird.

And if that mockingbird won't sing,

PAPA's gonna buy MOM a diamond ring.

If that diamond ring turns brass,

PAPA's gonna buy MOM a looking glass.

If that looking glass gets broke,

PAPA's gonna buy MOM a billy goat.

If that billy goat won't pull,

PAPA's gonna buy MOM a cart and bull.

If that cart and bull turn over,

PAPA's gonna buy MOM a dog named Rover.

If that dog named Rover won't bark,

PAPA's gonna buy MOM a horse and cart.

If that horse and cart fall down,

You'll still be the best little baby in town.

So, Hush, little baby, don't you cry,

Your MAMA loves you and so do I. ([See Appendix](#))

Then the baby dropped his jaw in awe: "Wow! Oh oh, you're in big trouble now!" Just imagine. Isn't that beautiful?!

(Hint: For PAPA members, guess "Who the PAPA, MOM or the MAMA and the Baby are?"**)**

Now can you see? If that song doesn't convince you, pay attention to the following seven secrets of the Holy Spirit.

Secret # 1

THE HOLY SPIRIT WANTS YOU TO SING WHEN YOU ENTER INTO HIS PRESENCE.

“Come before His presence with singing” (Psalm 100:2). The sound of music is wonderful to the Holy Spirit!

Take a look at a day in your life. Early in the morning when you begin to feel the rising of the sun, can you hear the songs of the birds? At midday when you give yourself a second to shut your eyes and take a deep breath, can you hear the relaxing rhythm of your beating heart? In the cool evening when the breeze brushes through the leaves, can you hear them whispering a soothing lullaby of rest?

Can you hear the Holy Spirit singing throughout the day? Listen and feel it.

Imagine living in a world without songs. Something must have gone wrong! That’s why singing is so essential to living. So, sing.

The Holy Spirit wants to hear you singing. Your singing will open up souls to see the presence of God. Sing to Him.

Secret # 2

THE HOLY SPIRIT WANTS YOU

TO SING NOT JUST TO EVERYONE, BUT TO HIM IN PERSON.

When you first fall in love, songs are an integral part of your life. You and your love should have a song that you would call “ours.” Whenever you hum that tune, your love would immediately hum along. You know it. The Holy Spirit is the “Lover.” You must sing to Him and only for Him. And He will hum along with you.

You may ask, “What song should I sing to the Holy Spirit?” Ask yourself, “What sound would your love love to hear the most?” Isn’t it the sound of their name? Just calling the name of your love is good enough. A love song is simply a poetic way of repeating the lover’s name many thousand times and even in your sleep. All you need is to call Him and He will come.

Here is a Love Song. Sing it and the Holy Spirit will come to you and rejoice with you.

VENI SANCTE SPIRITUS!

(See Appendix)

Four Quartets

“The dove descending breaks the air
With flame of incandescent terror
Of which the tongues declare
The one discharge from sin and error.
The only hope, or else despair
Lies in the choice of pyre or pyre-
To be redeemed from fire by fire.

Who then devised the torment? Love.
Love is the unfamiliar Name
Behind the hands that wove
The intolerable shirt of flame
Which human power cannot remove.
We only live, only suspire
Consumed by either fire or fire.”

— T.S. Eliot,

Secret # 3

THE HOLY SPIRIT WANTS YOU TO SING FROM YOUR HEART, NOT YOUR HEAD.

In daily life we tend to be “cerebral” but with God we must learn to be “corporeal” and “cordial.” Be “corporeal” because God is incarnate and be “cordial” because God is all about heart! So, you must see God by singing with your heart. Be not heady and haughty, but hearty and holy!

Just open up your heart and sing to Him. Singing is not about performing or being smart or famous, but being in love. Whatever and however a lover sings, it’s always beautiful. Be not afraid to sing with your heart. The more you sing to your love from the heart, the more beautiful you’ll become. And you’ll make your love giddily happy!

Do you notice that somehow singers are beautiful?

The ultimate Eternal Love Song is found in St. Paul in 1 Corinthians 13. See it and sing it.

Secret # 4

THE HOLY SPIRIT WANTS YOU TO SING WITH HIM AND IN HIM TOO.

St. Paul understood the incredible power of singing. So he said, “*I will sing praise with the Spirit, and I will also sing praise with the mind*” (1 Corinthians 14:15).

You may wonder, “What is this incredible power of singing?” It is praising God in the Holy Spirit. St. Luke, the Evangelist reports, “*And at midnight Paul and Silas prayed, and sang praises unto God*” (Acts 16:25).

Do you remember what happened next? Read Acts 16:25-26 and you’ll see. It goes to show you the incredible power of singing with the Holy Spirit.

What happened? Earthquake! As a result, a whole pagan family is saved!

Secret # 5

THE HOLY SPIRIT WANTS YOU TO SING TOGETHER WITH OTHERS.

“Let the word of Christ dwell in you richly in all Wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord” (Colossians 3:16).

What is the point? The point is not just one, but many! Let’s create a litany of rhetorical questions to fit our one answer: *By singing together!*

- How do you get to let “the word of Christ dwell in you richly?” *By singing together.*
- How do you get to “all Wisdom?” *By singing together.*
- How do you get to “teach one another?” *By singing together.*
- How do you get to “admonish one another” in the truth of charity? *By singing together.*
- How do you get to praise “the psalms?” *By singing together.*
- And “the hymns?” *By singing together.*
- And “the spiritual songs?” *By singing together.*

In conclusion, when we sing together with our heart to the Holy Spirit, we are opening up ourselves to grace and also building up one another and inevitably, the Kingdom of Heaven.

Secret # 6

THE HOLY SPIRIT WANTS YOU TO SING AND CAST OUT THE EVIL SPIRITS.

Did you know that singing in the Holy Spirit is a weapon for exorcism, that is to cast out evil spirits?

King Saul discovered this secret under the anointed music ministry of David. Saul was an afflicted King. He went mad when something did not go his way. When that happened, he would throw a tantrum just like a little boy. The youth, David, was an eyewitness. What did David do? Here's the answer from the prophet Samuel:

“And it came to pass, when the evil spirit from God was upon Saul, that David took a harp, and played with his hand: so, Saul was refreshed, and was well, and the evil spirit departed from him” (1 Samuel 16:23).

How powerful! When you sing in the Holy Spirit and praise Him personally, He will do for you the following:

- (a) He will refresh you just as He did Saul.
- (b) He will make you well as He did Saul.
- (c) He will cast out the evil spirits in you just as He did Saul.

Suppose you sing with the Holy Spirit to your family and friends, He will do the same for them.

In sum when you celebrate and sing to the Holy Spirit, He will come and do great things for you.

Secret # 7

THE HOLY SPIRIT WANTS YOU TO SING IN BATTLE.

Remember: “Life is war.” The moment we are born into the world, we enter into a raging war. Our Lord, Jesus Christ, came into the world to fight a war. He came to conquer sin, death and the Devil.

The Church has taught us that we have three great enemies: the world, the Devil and the flesh. They always attack us. Whether we feel like it or not, we must always be ready to fight, or we lose our soul. To fight implies that we must know how. Consequently, we must learn how to fight.

What is the best way to fight a war and win? The Holy Spirit says: “Sing!”

Let’s take a look at how the Holy Spirit taught Jehoshaphat how to fight a war in 2 Chronicles 20:21.

“When he had consulted with the people, he appointed singers unto the Lord, and that should praise the beauty of holiness, as they went out before the army, and to say, “Praise the Lord; for His mercy endureth for ever” (2 Chronicles 20:21).

How to destroy a city? By the power of prayer, that is singing praises. Read Joshua 6: 3-5.

To destroy Jericho, do the following:

- 1) Priests and people walk around the city for six days in silence.
- 2) The seventh day walk around the city seven times with the priests blasting the ram horn and all the people shout out loud.
- 3) The city wall will collapse. Then attack.

How do you destroy a citadel—the stronghold of an enemy?
Simply do the following:

- 1) Submit to the Lord
- 2) Stay silent for six days
- 3) Shout out praises to the Lord on the seventh.

Sing aloud: *“PRAISE THE LORD; FOR HIS MERCY ENDURES FOR EVER!”*

Do it non-stop!

That’s how you destroy a city, whether it be physical, mental or spiritual. Attack your most hardened vices or addiction this way and witness how the Lord God manifests His glory.

Now we know how to win the war against our enemies in this world, but we also need to know “why” we should sing as the Holy Spirit mandates. What are the benefits?

The benefits are:

- 1) When you sing to the Holy Spirit, He will grant you victory.

“At the moment they began their jubilant praise, the LORD laid an ambush against the Ammonites, Moabites, and those of Mount Seir who were coming against Judah, so that they were defeated” (2 Chronicles 20:22).

- 2) When you sing to the Holy Spirit, He will create an atmosphere of praise and thanksgiving.

“Then sang Deborah and Barak...Praise ye the Lord for the avenging of Israel, when the people willingly offered themselves. Hear, O ye kings; give ear, O ye princes; I, even I, will sing unto the Lord; I will sing praise to the Lord God of Israel” (Judges 5:1-3).

- 3) When you sing to the Holy Spirit, He will greatly enhance your focus.
- 4) When you sing to the Holy Spirit, He will dispel every demonic influence.
- 5) When you sing to the Holy Spirit, He will energize you to focus on your Creator.
- 6) When you sing to the Holy Spirit, He will bless you (Psalm 100:2).
- 7) When you sing to the Holy Spirit, He will conquer the enemies of God.

Conclusion

So, begin this very moment. Close this page and begin to sing aloud to the Holy Spirit. Your words may be simple, but as you sing they will become powerful.

“Saying, I will declare Thy name unto my brethren, in the midst of the church will I sing praise unto Thee” (Hebrews 2:12).

Always remember, God respects you when you work, but He loves you when you sing. So, sing to the Lord.

APPENDIX

