



Novena to the Holy Spirit

Friday 14th May – Saturday 22nd May 2021

(The Vigil of Pentecost)

Insight:

This is the prototype of all novenas. It commemorates the nine days between the Ascension of Our Lord and the descent of the Holy Spirit on the first Pentecost Sunday. During this time Our Lady and the twelve Apostles prayed in the upper room for the coming of the Paraclete.



- **Opening Prayer Each Day**

V. Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your love.

R. Send forth Your Spirit and they shall be created.

V. And You shall renew the face of the earth

V. Let us pray --- Oh God Who does instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise and to ever rejoice in His consolations, through Jesus Christ Our Lord. Amen.

First Day- The Holy Spirit

Reflection:

Only one thing is important -- eternal life. Only one thing, therefore, is to be avoided -- sin. Sin is the result of ignorance, weakness, and indifference. The Holy Spirit is the Spirit of Light, of Strength, and of Love. With His sevenfold gifts, He enlightens the mind, strengthens the will, and inflames the heart with love of God. To ensure our salvation, we ought to invoke the Divine Spirit daily, for "The Spirit helps our infirmity. We know not what we should pray for as we ought. But the Spirit Himself prays for us." (Rom 8:26)

Prayer:

Almighty and eternal God, Who has granted to regenerate us by water and the Holy Spirit, and has given us forgiveness of all our sins, send forth from heaven upon us Your sevenfold Spirit, the Spirit of Wisdom and Understanding, the Spirit of Counsel and Fortitude, the Spirit of Knowledge and Piety, and fill us with the Spirit of Holy Fear. Amen.

Our Father (once) Glory Be (seven times)

Prayer for Christian Unity:

In peace let us pray to the Lord:

God, you are the vinedresser who cares for us with love.

You call on us to see the beauty of each branch united to the vine, the beauty of each person.

And yet, too often the differences, the pains and struggle in others make us afraid.

We withdraw into ourselves. Our trust in you is forsaken.

Come and direct our hearts toward you once again.

Grant us to live from your forgiveness so that we may be together and praise your name. Amen.

Second Day- The Gift of Fear of the Lord

Reflection:

The gift of Fear fills us with a sovereign respect for God, and makes us dread nothing so much as to offend Him by sin. It is a fear that arises, not from the thought of punishment, but from sentiments of reverence and filial love to our heavenly Father. It is the fear that is the beginning of wisdom, detaching us from worldly pleasures that could in any way separate us from God. "They that fear the Lord will prepare their hearts, and in His sight will sanctify their souls." (Sir 2:20)

Prayer:

Come, O blessed Spirit of Holy Fear, penetrate my inmost heart, that I may set You, my Lord and God, before my face forever; help me to shun all things that can offend You, and make me worthy to appear before the pure eyes of Your Divine Majesty in heaven, where You live and reign in the unity of the Blessed Trinity, God world without end. Amen.

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Third Day- The Gift Piety

Reflection:

The gift of Piety begets in our hearts a filial affection for God as our most loving Father. It inspires us to love and respect for His sake persons and things consecrated to Him, as well as those who are vested with His authority, His Blessed Mother and the Saints, the Church and its visible Head, our parents and superiors, our country and its rulers. He who is filled with the gift of Piety finds the practice of his religion, not a burdensome duty, but a delightful service. Where there is love, there is no labour.

Prayer:

Come, O Blessed Spirit of Piety, possess my heart. Enkindle in it such a love for God, that I may find satisfaction only in God's service, and for His sake lovingly submit to all legitimate authority. Amen.

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Fourth Day- The Gift of Fortitude

Reflection:

By the gift of Fortitude, the soul is strengthened against natural fear, and supported to the end in the performance of duty. Fortitude imparts to the will an impulse and energy which move it to undertake without hesitancy the most arduous tasks, to face dangers, to trample under foot human respect, and to endure without complaint the slow martyrdom of even lifelong tribulation. "He that shall persevere unto the end, he shall be saved." (Mat 24:13).

Prayer:

Come, O Blessed Spirit of Fortitude, uphold my soul in times of trouble and adversity, sustain my efforts of holiness, strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome and separated from You, my God and greatest Good. Amen.

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Fifth Day- The Gift of Knowledge

Reflection:

The gift of Knowledge enables the soul to evaluate created things at their true worth -- in relation to God. Knowledge unmask the pretence of creatures, reveals their emptiness, and points out their only true purpose as instruments in the service of God. It shows us the loving care of God even in adversity and directs us to glorify Him in every circumstance of life. Guided by its light, we put first things first, and prize the friendship of God beyond all else. "Knowledge is a fountain of life to they that possess it." (Prov 16:22).

Prayer:

Come, O Blessed Spirit of Knowledge, and grant that I may perceive the will of the Father; show me the nothingness of earthly things, that I may realise their vanity and use them only for Your glory and my own salvation, looking ever beyond them to You, and Your eternal rewards. Amen.

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Sixth Day- The Gift of Understanding

Reflection:

Understanding, as a gift of the Holy Spirit, helps us to grasp the meaning of the truths of our faith. By faith we know them, but by Understanding we learn to appreciate and relish them. It enables us to penetrate the inner meaning of revealed truths and through them to be led to newness of life. Our faith ceases to be sterile and inactive but inspires a mode of life that bears eloquent testimony to the faith that is in us; we begin to "walk worthy of God in all things pleasing and increasing in the knowledge of God." (Col 1:10).

Prayer:

Come, O Spirit of Understanding, and enlighten our minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Your light; and in the light of glory to have a clear vision of You and the Father and the Son. Amen.

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Seventh Day- The Gift of Counsel

Reflection:

The gift of Counsel endows the soul with supernatural prudence, enabling it to judge promptly and rightly what must be done, especially in difficult circumstances. Counsel applies the principles furnished by Knowledge and Understanding to the innumerable concrete cases that confront us in the course of our daily duty as parents, teachers, public servants and Christian citizens. Counsel is supernatural common sense, a priceless treasure in the quest of salvation. "Above all these things, pray to the Most High, that He may direct thy way in truth." (Sir 37:19).

Prayer:

Come, O Spirit of Counsel, help and guide me in all my ways, that I may always do Your holy will. Incline my heart to that which is good; turn it away from all that is evil, and direct me by the straight path of Thy commandments to that goal of eternal life for which I long. Amen.
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Eighth Day- The Gift of Wisdom

Reflection:

Embodying all the other gifts, as charity embraces all other virtues, Wisdom is the most perfect of the gifts. Of wisdom it is written "all good things came to me with her, and innumerable riches through her hands." (Wis 7:11). It is the gift of Wisdom that strengthens our faith, fortifies hope, perfects charity, and promotes the practice of virtue in the highest degree. Wisdom enlightens the mind to discern and relish things divine, in the appreciation of which earthly joys lose their savour, whilst the Cross of Christ yields a divine sweetness according to the words of the Saviour: "Take up your cross and follow Me, for My yoke is sweet, and My burden light." (Mat 11:30).

Prayer:

Come, O Spirit of Wisdom, and reveal to my soul the mysteries of heavenly things, their exceeding greatness, power and beauty. Teach me to love them above and beyond all passing joys and satisfactions of the earth. Help me to attain them and possess them for ever. Amen.
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Ninth Day- The Fruits of the Holy Spirit

Reflection:

The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue more perfect. Such acts of virtue leave the heart filled with joy and consolation and are known as Fruits of the Holy Spirit. These fruits in turn render the practice of virtue more attractive and become a powerful incentive for still greater efforts in the service of God.

Prayer:

Come, O Divine Spirit, fill my heart with Thy heavenly fruits, Thy charity, joy, peace, patience, benignity, goodness, faith, mildness, and temperance, that I may never weary in the service of God, but by continued faithful submission to Thy inspiration, may merit to be united eternally with Thee in the love of the Father and the Son. Amen.
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