

9-day Novena***Prayer to the Holy Spirit***

O Holy Spirit, Beloved of my soul, I adore You.

Enlighten me, guide me, strengthen and console me.

Tell me what I ought to do and command me to do it.

I promise to submit to everything that You ask of me and to accept all that You allow to happen to me. Just show me what is Your will, O Holy Spirit.

(by Cardinal Mercier)

Day 1: Pray this Novena to the Holy Spirit for (name your intention).

Praying this *Prayer to the Holy Spirit* during the Novena before Pentecost will allow you to develop a deeper relationship with the Holy Spirit. Prayer is the foundation for knowing and following the guidance of the Holy Spirit, especially by allowing times of silence in prayer. Silence leads to awareness and recognition of the inner promptings of the Holy Spirit who will guide your actions toward what is true and good for you. The reading for each day is meant to foster this process. Please consider praying the *Prayer to the Holy Spirit* each day after the Novena.

God's love for you

You will want to become more aware of how much God loves you. St. Paul tells us that "God's love has been poured into our hearts through the Holy Spirit Who has been given to us." (Romans 5:5) The Holy Spirit is the third Person of the Blessed Trinity. The Holy Spirit was sent by Jesus to live in your heart and bring you closer to Him. It is His power in you that enables you to recognize the voice of Jesus and follow His guidance.



The Holy Spirit coming with great power upon Mary, the Apostles, and the women on Pentecost. (Acts 2:1-4) The Holy Spirit is a Divine Person. The tongues of fire are a Biblical symbol.

Why pray to the Holy Spirit each day?

- To encounter the Person of the Holy Spirit.
- To develop/deepen your relationship with Jesus as He is revealed to you by the Person of the Holy Spirit.
- To grow in an awareness and learn to listen to the inner promptings of the Holy Spirit and practice following His guidance.
- To seek to follow the direction of the Holy Spirit and allow His Gifts to be operative in your life.

Day 2: Ask the Holy Spirit for an increase of the Gift of Wisdom.

Wisdom is the gift that you use to ask God to help you define the purpose and goal of your life.

Wisdom is not only looking at the end goal; it is looking at the big picture. Wisdom helps you to distinguish between what is ordinary and what is sacred. The Holy Eucharist is above all sacred, as well as the other six Sacraments. Scripture is sacred. The teachings of the Church in the *Catechism* are sacred. You are a temple of the Holy Spirit and therefore you are sacred.

Meaning of the Words of the Prayer to the Holy Spirit

- **Holy Spirit, Beloved of my soul, I adore You.**

The Holy Spirit is God. The Holy Spirit is “Beloved of our souls” because He is the Third Person of the Blessed Trinity and therefore you are called to adore Him.

- **Enlighten me, guide me, strengthen and console me. Tell me what I ought to do and command me to do it.**

In this prayer you are asking for His enlightenment for greater understanding of the Truth, guidance in doing what is right and good and the strength to do it, and the consolation of joy and peace that you are on the right path. You can trust the Holy Spirit, Who only wants what is best for you.

- **I promise to submit to everything that You ask of me and to accept all that You allow to happen to me.**

With the help of the grace of the Holy Spirit, you will be strengthened to accept and be faithful in doing His holy will.

- **Just show me what is Your will, O Holy Spirit.**

You pray that the Holy Spirit will show you His good and perfect will.



Pentecost

Day 3: Ask the Holy Spirit for an increase of the Gift of Fortitude.

Fortitude gives you the strength to be faithful to Christ even when it is difficult to do so. Fortitude gives you the courage to overcome the obstacles that would harm your relationship with Jesus, such as overcoming temptations to watch inappropriate T.V. Fortitude empowers you to live as the Faith calls you to live, having the courage to do what is right and good for yourself and others. Courage is called for in seeking to live a culture of life in the midst of a culture of death.

Learning the Principles

- The Person of the Holy Spirit does not have a body. He is pure Spirit. The pronoun “He” is used to refer to the Holy Spirit because He is a Person. You will not want to refer to the Holy Spirit as “it” or a “power”.
- The Holy Spirit reveals Jesus to you. Therefore, you know that you are developing a relationship with the Holy Spirit if you have a growing awareness of Jesus’ love for you, and your love for Him is growing and you notice that He is changing you. If you are becoming more peaceful, and/or becoming more joyful, then you will also realize that your relationship with the Holy Spirit is growing.
- The Holy Spirit is the Source of answered prayer.
- Every time you begin to pray to Jesus it is the Holy Spirit Who draws you on the way of prayer by His grace. (*Catechism of the Catholic Church*, hereafter CCC, paragraph 2670)

- The Holy Spirit teaches you how to pray and helps you to know what to pray for. (CCC 2671-2672. To read these two paragraphs, type in *Catechism of the Catholic Church*, and click on Vatican.va)
- In every situation, you can pray silently asking for the help of the Holy Spirit because without God you are helpless – whether you know this or not. Simply pray: “Holy Spirit please help me.” Or “Holy Spirit please guide me.” The Holy Spirit is known as the Helper, the Advocate, the Paraclete, your Counselor, your Guide. He is always within you, ready to help and guide you.
- You are called to pray with your heart rather than just rattling words. “Prayer is internalized to the extent that you become aware of Him ‘to Whom you speak.’”
- Prayer is a vital necessity. Prayer and Christian life are inseparable. (CCC 2744-2745) In other words, praying this prayer to the Holy Spirit each day will allow you to deepen your friendship with Jesus as He is revealed to you by the Person of the Holy Spirit. You will grow in an awareness and learn to listen to the inner promptings of the Holy Spirit and practice following His guidance while allowing His Gifts to be operative in your life. The Holy Spirit wants what is best for you and as you respond to Him, you will find much peace and happiness - interior joy.
- You received the Holy Spirit first in Baptism. He came again in Confirmation to strengthen you as His witness. The Holy Spirit lives in you. You have to allow the power of the Holy Spirit to become active in your life through your free will. The Holy Spirit is not “magic.” You need to cooperate with God’s grace to align yourself with the Holy Spirit so that you can first receive guidance from the Holy Spirit and then be a blessing and of service to other people.



Day 4: Ask the Holy Spirit for an increase of the Gift of Knowledge.

Knowledge is the gift of understanding the spiritual value and use of created things, to see creation from God’s point of view. It gives you an insight of created things in their proper order in relation to God. This Gift allows you to see that creatures cannot *satisfy* the immense capacity of your heart – its infinite thirst. God made you for Himself alone. There is a space reserved within you solely for the Holy Spirit. Created things may draw you away from God. When you allow a person or thing to fill this space, you can become attached to this person or thing and they can even have power over you as an addiction. The Gift of Knowledge also gives you the capacity to see more deeply into human situations and understand what is happening. This Gift builds off of our natural intuition.

- The three Theological Virtues of faith, hope and charity as well as the seven Gifts of the Holy Spirit are given in Baptism for personal sanctification; to make you holy. Holiness means to grow in charity by serving others with authentic love. Charity is one of the

theological virtues by which you love God above all things for His own sake, and your neighbor as yourself for the love of God. In the Sacrament of Confirmation, the Holy Spirit *strengthens* in you the Virtues and the Gifts so that you can be a faithful witness of Jesus Christ by living your faith “out loud”. (See CCC 1303 for further effects of the Sacrament of Confirmation)

- The seven Gifts of the Holy Spirit aid you in making decisions in conformity with God’s will, which lead to a life of interior joy and peace.
- Each person needs to develop a relationship with the Holy Spirit.



- You live in the age of the Holy Spirit. You know this to be true because Jesus ascended into Heaven and then the Father and the Son sent God the Holy Spirit to lead and guide you into all truth. Jesus said, “I tell you the sober truth: It is much better for you that I go. If I do not go, the Paraclete will never come to you, whereas if I go, I will send Him to you.” (John 16:7) “But when He, the Spirit of truth, comes, He will guide you into all truth.” (John 16:13)
- The Holy Spirit is the Soul of the Mystical Body of Christ – the Catholic Church. The Church would have come to an end without the Holy Spirit. Supernatural power came and continues to come to you from the Holy Spirit. The Book of Acts is referred to as the Gospel of the Holy Spirit because the Holy Spirit was active in the early Church, as well as today.
- Cardinal Mercier said the following when teaching about the importance about and praying this *Prayer to the Holy Spirit*: I am going to reveal to you the secret of sanctity and happiness. Every day for five minutes control your imagination and close your eyes to all the noises of the world in order to enter into yourself. Then, in the sanctuary of your baptized soul (which is the temple of the Holy Spirit) speak to that Divine Spirit, saying to Him the *Prayer to the Holy Spirit*: “O Holy Spirit, Beloved of my soul...
- If you do this, your life will flow along happily, serenely, and full of consolation, even in the midst of trials. Grace will be proportioned to the trial, giving you the strength to carry it out and you will arrive at the Gate of Paradise, laden with merit. This submission to the Holy Spirit is the secret of sanctity.

Day 5: Ask the Holy Spirit for an increase of the Gift of Right Counsel.

Counsel is getting advice. Counsel is saying, “I need a guide.” Jesus said to Peter, “Simon, you are rock and on this rock I will build My Church. The gates of the hell will not prevail against Her” (Matthew 16:18). Jesus made a promise that He would guide His Church through all these ages, all these centuries. We want to stay close to the Church that Jesus established. The Holy Spirit will guide you through the Church: through prayerfully reflecting on Sacred Scripture, studying the *Catechism*, receiving the Sacraments, especially receiving the Holy Eucharist every Sunday and receiving the Sacrament of Confession frequently.

Understanding better the Holy Spirit and the seven Gifts

- Pray the *Prayer to the Holy Spirit* every day and at every opportunity.

- Think about what these titles and symbols tell us about the Person of the Holy Spirit. The meaning and Scriptural references are in the noted Catechism paragraphs.

Title (CCC 692-693)

- Paraclete
- The Spirit of Truth
- The Spirit of the Promise
- The Spirit of Adoption
- The Spirit of Christ
- The Spirit of the Lord
- The Spirit of God
- The Spirit of glory

Symbols (CCC 694 – 701)

- Water
- Anointing
- Fire
- Cloud and light
- The seal
- The hand
- The finger
- The dove



- To understand why your relationship with the Holy Spirit is so important, look up the Theological Virtues of faith, hope and charity, which you received in Baptism (1Corinthians 13:13; CCC 1812-1829). These Virtues make it possible for you to develop a relationship with the Father, Son and Holy Spirit. You grow in these Virtues by asking the Holy Spirit to strengthen them in you and by making acts of faith, hope and charity in your daily life. Faith is believing in God and all that He has revealed to the Apostles and handed down to us through the Church. Hope is trusting God's faithfulness and love for you. Charity is loving others for the sake of God.
- The seven Gifts of the Holy Spirit are strengthened in you in the Sacrament of Confirmation so that you can "spread and defend the Faith by word and action as a true witness, to confess the name of Christ boldly, and never be ashamed of the Cross." (CCC 1302-1303; 1265-1266) These seven supernatural Gifts are **Wisdom, Fortitude, Knowledge, Right Counsel, Fear of the Lord, Understanding and Piety**. (Isaiah 11:1-2)
- You need to allow the Holy Spirit to act within you and through you. Memorize the Gifts of the Holy Spirit and think about why you need each of these Gifts. Write down one Gift and ask the Holy Spirit to increase this Gift in you in order to serve others with greater charity, which is the heart of the Christian life.

Day 6: Ask the Holy Spirit for an increase of the Gift of Fear of the Lord.

The Gift of Fear of the Lord is a holy fear that fills you with a loving reverence towards God and stirs in you a fear of offending Him, by avoiding anything that may displease Him. God is good and deserving of all of your love. This is the fear of the Lord that is the depth that you need to attain. Pray for an increase of this Gift in you.

- Another sign of the Holy Spirit's activity in your life is the presence of spiritual fruit. The fruit of the Spirit is "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." (Galatians 5:22-23; CCC 736, 1830-1832) This fruit is a sign that you are growing in your friendship with the Holy Spirit and becoming a disciple of Christ and empowered by God; on your own, you would not produce this kind of fruit. It is God who produces fruit in you when you are connected to Him. This is for the Father's glory. Write down one of the fruits and ask the Holy Spirit to make this fruit more present and actually noticeable in life? Write down any experiences after you have prayed about this

for a week. Notice any changes you saw or experienced when you asked the Holy Spirit for this grace and were open to Him. Relate to another person how God answered this prayer.

- Why is a relationship with the Holy Spirit necessary for each believer? The Holy Spirit reveals Jesus to you, teaches you to pray and helps you to understand and believe everything that you have come to believe. The Holy Spirit makes Jesus present within you and empowers you to allow Him (Jesus) to live out His life in and through you. (See Index in the *Catechism* under Holy Spirit on pages 805-807) Discuss this with a friend.
- Write down one way that you are open and receptive to the working of the Holy Spirit, and one way that you are resistant?
- Is there an area of your life that you have not been able to exercise self-control: such as eating, exercising, sleeping, drinking, gossiping, being jealous, etc. Sin is addictive. Ask the Holy Spirit to help you in this specific area.

Day 7: Ask the Holy Spirit for an increase of the Gift of Understanding.

The saints say understanding is different from wisdom. Wisdom is looking at the goal. Understanding is being enlightened through receiving the Sacraments and daily prayer. You will want to learn how to be quiet; to be still and to listen to the Holy Spirit. You will want to learn how to pray. Ask the Holy Spirit to teach you how to pray, and to help you to have a deeper understanding of the proper order of things in your life.



Developing a Friendship with the Holy Spirit

- The spiritual life is a battle; every person must constantly struggle to overcome human weakness, temptation and sinful tendencies. Your commitment to Christ is not severed by day-to-day failures and weaknesses. The Holy Spirit is your great consoler and encourager Who helps you to be faithful in prayer, to come to know Jesus, to believe that Jesus is God and that He died and rose from the dead to forgive your sins. Through Jesus you have been set free from slavery to sin and, through the Holy Spirit, you are given the means to live a life pleasing to God. His supernatural help, which we call grace, will help you to persevere and struggle through these challenges. The Holy Spirit is the source and strength of your spiritual life. Without turning to Him in prayer, you will experience an unfulfilling, frustrating and guilt-ridden up-and-down spiritual life. You are invited to turn to Him for help in any and all circumstances. The grace you receive empowers you to live according to the Spirit.

You must cooperate with this grace by listening to the Holy Spirit, following Him and rejecting sin. With the help of the grace of the Holy Spirit, you need to persevere and be faithful. You will want to invest in your relationship with the Holy Spirit to experience this real and vital friendship.

- The Holy Spirit will teach you to recognize His **inner promptings**. He teaches you to recognize these movements of guidance and direction during times of silence in prayer while “being with” the Holy Spirit. Look up and think about these two paragraphs in the *Catechism*: 1266 and 1830.

Day 8: Ask the Holy Spirit for an increase of the Gift of Piety.

The Supernatural Gift of Piety is knowing and loving God, our Heavenly Father as a son or daughter truly would. If you want to mature in your spiritual life, you must love God more than any person or material object. The challenge of discipleship is to love the Giver more than the gift. Receiving the Sacraments of the Holy Eucharist and Penance help us to grow in the gift of piety. Confession is the hardest Sacrament of all because you have to make yourself vulnerable to another human being. When you receive this Sacrament regularly, you will obtain intimacy with God. If you do not learn to be friends with the Lord in confession, there is a depth that you will never attain. You will also want to go to Mass and receive the Eucharist, Jesus Himself, every Sunday and during the week if possible. There is a depth in the Mass that you will only attain if you persevere in your relationship with the Lord.



Encountering God in Prayer

- Take time for silence so that you can quiet down interiorly and become aware of the Presence of the Holy Spirit within you.
- Prayer is “nothing else than a close sharing between friends; it means taking time frequently to be alone with Him who you know loves you.” (CCC, 2709; St. Teresa of Avila) The Father, Son and Holy Spirit live in you through Baptism. As you begin prayer, close your eyes and take some time in silence to be aware of the Holy Spirit present within you and greet Him. Think about what you are doing; you are getting ready to spend this time with the God of the Universe. See on the back side of the Prayer Card how to concretely express a present concern of your heart to Him. This allows prayer to come from the heart rather than just rattling off rote words.
- Visit a Catholic Church/Chapel, where you can pray the *Prayer to the Holy Spirit* and then have time to journal: note what word or phrase stood out for you and why. Repeat that word or phrase over and over again slowly. Think about how this word or phrase relates to God the Holy Spirit and His love and care for you. Have a heart-to-Heart conversation with the Holy Spirit about something that is weighing on your heart. This takes prayer to the next level of a deep personal encounter. Another helpful step is to write down some notes about the prayer experience to keep for future reference.
- Another way to pray the *Prayer to the Holy Spirit* is in the following manner:
 1. Read the words of the *Prayer to the Holy Spirit* slowly and thoughtfully, 2 or 3 times.

2. Consider the meaning of the words. Do they remind you of something in your life? (Stated another way: ponder how they do or might relate to your life.)
 3. Notice what word or phrase stood out for you and why (Conversation with God). (The first three steps above are considered meditation.)
 4. Repeat silently this word or phrase several times slowly and then rest in God. (This step is considered contemplation – being still and resting in God’s presence.)
 5. Allow time to journal.
- After praying the *Prayer to the Holy Spirit*, allow time for silence so that you can learn how to listen to and recognize the inner promptings of the Holy Spirit.
 - In order to pray, you want to be in the present moment. God is not in the past or in the future. He is with you now. Distractions take you to the past or the future. When you experience distractions, gently let them pass. Gently turn your heart back to God.
 - The *Prayer to the Holy Spirit* is the prayer that you will want to know by heart and with good understanding. Plan to spend an entire year praying this important prayer every day.

Day 9: Offer prayers of thanksgiving to the Holy Spirit for all the gifts received.

Scriptural Foundation

- Supernatural power came and continues to come to you from the Holy Spirit. The Book of Acts is referred to as the Gospel of the Holy Spirit. The Holy Spirit will remind you to pray and prays in you according to God’s will. “The Spirit too helps us in our weakness, for we do not know how to pray as we ought; but the Spirit Himself makes intercession for us with groanings that cannot be expressed in speech. (Romans 8:26-27)
- “For the Holy Spirit will teach you at that time what you should say” (Luke 12:12).
- “If you then... know how to give good gifts to your children, how much more will your Father in Heaven give the Holy Spirit to those who ask Him!” (Luke 11:13).
- “If you love Me, you will keep My commandments. And I will ask the Father, and He will give you another Counselor to be with you forever—the Spirit of truth. The world cannot accept Him, because it neither sees Him nor knows him. But you know Him, for He lives with you and will be in you” (John 14:15-17).
- “But the Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you” (John 14:26).
- “But when He, the Spirit of truth, comes, He will guide you into all truth.”(John 16:13).
- “See I am going to send down upon you the promise of My Father. Remain here in the city until you have been clothed with power from on high” (Luke 24:48-49)
- “And with that Jesus breathed on them and said, “Receive the Holy Spirit” (John 20:22).
- “No one can say ‘Jesus is Lord,’ except by the grace Holy Spirit” (1Cor 12:1-11).
- “Do you not realize that you are a temple of the Holy Spirit? You have been purchases by the very Blood of Christ.” St. Paul says, “Your life is not your own” (Corinthians 1:6:19-20).



The Day of Pentecost

Resources

- FREE Series on the Holy Spirit entitled “The Wild Goose” by Fr. Dave Pivonka, TOR. 14 segments, 20 minutes each: thewildgooseisloose.com/series-segments/