

Day 9: Saturday, June 7, 2025***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.

Offer prayers of thanksgiving to the Holy Spirit for the increase of each Gift.

- 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 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.

Act of Consecration to the Holy Spirit

On my knees before the great multitude of heavenly witnesses, I offer myself, soul and body to You, Eternal Spirit of God. I adore the brightness of Your purity, the unerring keenness of Your justice, and the might of Your love. You are the strength and light of my soul. In You I live and move and am. I desire never to grieve You by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against You. Mercifully guard my every thought and grant that I may always watch for Your light, and listen to Your voice, and follow Your gracious inspirations. I cling to You and give myself to You and ask You, by Your compassion, to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds, and trusting in His Precious Blood and adoring His opened side and stricken Heart, I implore You, Adorable Spirit, Helper of my infirmity, to keep me in Your grace that I may never sin against You. Give me grace O Holy Spirit, Spirit of the Father and the Son, to say to You always and everywhere, "Speak Lord for Your servant is listening." Amen.

