

**Day 5 - Tuesday, May 19, 2026: Begin your time of prayer with the *Our Father*.**

**Ask the Holy Spirit for an increase of the **Gift of Fortitude**.**

Fortitude gives you the strength – a firmness of mind – to be faithful to Christ in doing good and in avoiding evil particularly when it is difficult or dangerous to do so. Fortitude gives you the courage to overcome the obstacles that would harm your relationship with Jesus by virtue of the assurance of everlasting life. These obstacles include such things as overcoming temptations to watch inappropriate social media or T.V. Fortitude empowers you to live as the Faith calls you to live, having the courage to do what is right, true and good for yourself and others.

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. Further, if you are becoming more peaceful, and/or becoming more joyful, these are signs 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. (*Catechism of the Catholic Church* (CCC) paragraphs 2671-2672, available at [Vatican.va](http://Vatican.va))
- In every situation, you can pray silently asking for the help of the Holy Spirit. 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.
- The Gifts of the Holy Spirit were infused into your soul as a permanent gift at your Baptism, nurtured by the practice of the seven virtues: faith, hope, charity, prudence, justice, fortitude, and temperance, and sealed in the Sacrament of Confirmation. Pray in an ongoing way to the Holy Spirit for an increase of these supernatural Gifts.  
Come Holy Spirit, please grant me the gift of Fortitude.



***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.**