

9-day Novena beginning on Friday, May 15th and leading up to the celebration of the coming of the Holy Spirit on Pentecost on May 24th.

Day 1: Begin your time of prayer with the *Sign of the Cross* and the *Our Father*.

Pray this Novena for the **Sevenfold Gift of the Holy Spirit.**

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.

God's love for you

It is always helpful 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 become more docile to the Holy Spirit and allow the Gifts of the Holy Spirit to be operative in your life.

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.

This powerful and long-standing prayer was composed by Cardinal Mercier.

Day 2: Begin your time of prayer with the *Our Father*.

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

Wisdom is the gift that is both the knowledge of and judgment about divine things. Wisdom is also the ability to judge and direct human affairs according to Divine Truth, such as 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. Come Holy Spirit, please grant me the gift of Wisdom.

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. Your baptized soul is the temple of the Holy Spirit and therefore “Beloved of your soul; He dwells within you as long as you are in the state of grace. The Holy Spirit is God, the Third Person of the Blessed Trinity and we 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 the Holy Spirit’s enlightenment, for greater understanding of the Truth, guidance in doing what is right and good, 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 are asking that the Holy Spirit will show you His good and perfect will.



Pentecost

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.

Day 3: Begin your time of prayer with the *Our Father*.

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

The Gift of Understanding is penetrating insight into the very heart of things, especially those higher truths that are necessary for your eternal salvation—in effect, the ability to “see” God. The Gift of Understanding is being enlightened through receiving the Sacraments and daily prayer. Ask the Holy Spirit to teach you how to pray in a deeper way, and to help you to learn how to be quiet, to be still and to listen to the Holy Spirit.

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 will be strengthened to persevere and be faithful. You will want to invest in your relationship with the Holy Spirit so as to experience and deepen this real and vital friendship.
- The Holy Spirit will teach you to recognize His **inner promptings**. He will help you to recognize these movements of guidance and direction during times of silence in prayer while “being with” the Holy Spirit. (*Catechism of the Catholic Church*, paragraphs 1266 and 1830) A good way to begin is to meditate on a passage of Scripture, such as from the Gospel of Luke and then spend a few minutes in silence.
Come Holy Spirit, please grant me the gift of Understanding.



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.

Day 4: Begin your time of prayer with the *Our Father*.

Ask the Holy Spirit for an increase of the **Gift of Right Counsel.**

Counsel allows you to be directed by God in matters necessary for your salvation. 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). In these words, Jesus made a promise that He would guide His Church through all these centuries. You will want to stay close to the one Church that Jesus established. The Holy Spirit will guide you through the Catholic 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.



- You received the Theological Virtues of faith, hope and charity in Baptism. (1Corinthians 13:13; CCC 1812-1829) which 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.
- Pray that the seven Gifts of the Holy Spirit will be strengthened in you in you 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, Understanding, Right Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord**. (Isaiah 11:1-2)
- Ask the Holy Spirit to act within you and through you. As you understand better the Gifts of the Holy Spirit, think about why you need each of these Gifts. Continue to pray for an increase of each of these Gifts in you in order to serve others with greater charity, which is the heart of the Christian life.

Come Holy Spirit, please grant me the gift of Right Counsel.

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.

Day 5: 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)
- 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.

Day 6: Begin your time of prayer with the *Our Father*.

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

Knowledge is the ability to judge correctly about matters of faith and right actions, so as to never wander from the straight path of justice, which is being fair and righteous on all circumstances. The Gift of Knowledge allows you to see the spiritual value and use of created things, from God's point of view. It gives you an insight of created things in their proper order in relation to God, 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. It is helpful to know that created things may draw you away from God. When you allow a person or thing to completely fill this space in your heart, you can become attached to this person or thing and they can even have power over you as an addiction. Knowledge also gives you the capacity to see more deeply into human situations and understand what is happening.



- 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)

- Cardinal Mercier said the following: “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. Come Holy Spirit, please grant me the gift of Knowledge.

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.

Day 7: Begin your time of prayer with the *Our Father*.

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, with filial affection. 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. Further, 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

- 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.
- Pray the *Prayer to the Holy Spirit* and then take 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. As we speak with the Holy Spirit each day in prayer, we will come to recognize more and more how much He loves us and find **peace** and **calm** in the midst of life’s difficulties. Come Holy Spirit, please grant me the gift of Piety.

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.

Day 8: Begin your time of prayer with the *Our Father*.

Ask the Holy Spirit for an increase of the **Gift of Fear of the Lord.**

Fear of the Lord is “filial” or chaste fear whereby you revere God and avoid serious sin because you would separate yourself from Him. This is very different from “servile” fear, whereby you act more out of fear of punishment. 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 depth that you need and want to attain in your spiritual life. Come Holy Spirit, grant me the gift of Fear of the Lord.

- 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 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.
- A 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, becoming a disciple of Christ and being empowered by Him; on your own, you would not be able to 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. After a week, make note of 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.
- The Holy Spirit lives in you. Cooperate with God’s grace by aligning yourself with the Holy Spirit so that you can first receive guidance from Him and then be a blessing and of service to other people.
- 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 a specific area that you struggle with.



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.

Day 9: Begin your time of prayer with the *Our Father*.

Offer a prayer 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.



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.