

# **NOVENA TO THE HOLY SPIRIT**

A handbook to help you prepare for Pentecost

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## Introduction

"Without the presence of the Holy Spirit, everything would be cold. When we feel that we are losing our enthusiasm and zeal, we should pray to the Holy Spirit as early as possible. Let us recite the novena to the Holy Spirit with devotion to receive our faith and love." V. John Maria Vianney.

The Novena to the Holy Spirit is the oldest novena. It was originally done by the Lord when he sent his disciples to Jerusalem to await the coming of the Holy Spirit at the first Pentecost.

This is the only novena officially prescribed by the Church. This novena prayer to the Holy Spirit, the third person of the Holy Trinity, is a powerful plea for the light, strength, and love so desperately needed in the life of every Christian.

It is also a model for all other novena prayers, as it is performed at the behest of our Lord Jesus Christ and in the presence of our Holy Mother, the Virgin Mary.

This novena is scheduled to last nine days to prepare ourselves for Pentecost. However, this novena prayer can be recited at any time. This can be done whenever we feel the need for spiritual anointing.

## Structure of the Novena

1. Hymn to the Holy Spirit: "Arise O Holy Spirit"
2. Introductory Prayer: "O my God, as you have commanded..."
3. Prayer 2: (*Not obligatory*). God the Father and Protector.
4. Word of God (*for that day*)
5. Light Meditation (*Leader/Participation*)
6. Intercessory prayer.
7. Our Father in Heaven...
8. Oh, Holy Mother...
9. Concluding Prayer (*for the day*)
10. Consecration to the Holy Spirit (*not compulsory*)
11. Litany to the Holy Spirit (*not compulsory*)

## Community prayers

### 1. Come, Holy Spirit

**Leader:** Come, Holy Spirit, inflame us with the fire of your faithfulness and love.

Community: Renew the face of the earth with your presence.

### 2. Introductory prayers

**Leader:** Father, guide the hearts of your faithful by the light of your Spirit. Give us your spirit too. By Thy divine inspiration let us recognize the truth, taste the good, and always smell the fragrance of Thy consolation. We offer this prayer to you through our Lord Jesus Christ.

### 3. Prayer (*not compulsory*)

**Leader and Community:** We praise you, God, our Creator, Father, and Protector. We adore you, Jesus, who became human to reveal your love to us. We thank You, Holy Spirit, who gives us the knowledge that Jesus is our Savior and Lord.

We glorify You, Holy Spirit, who has been renewing the face of the earth with Your divine presence since the foundation of the world. O Holy Spirit who came down on the Holy Mother and the disciples who were expectantly waiting for You in the upper room, come down on this gathering too. Fill our hearts with your grace. Sanctify our body, which is His temple, O Spirit of the Father and the Son, give us the grace necessary to grow in a deep experience of God's love and faith. Amen.

### 8. Prayer to the Holy Mother

**Leader:** Joining the congregation: Oh... Holy Mother, my mother, pray for me to leave my sinful ways, to be cleansed by the precious blood of Jesus and to be filled with the fruits of the Holy Spirit.... take away the heart hardened by sin and give me the new heart promised through the prophet Ezekiel. "I will give them a new heart; I will put a new spirit in them. I will take away the stony heart from their bodies and give them a heart of flesh. So, they will live according to my commandments and keep my laws carefully and they will be my people and I will be their God" (Ezekiel 11:19, 20). My holy and loving mother, pray for me to put on the new man, filled with the love of the Holy Spirit and bearing the fruits of repentance. Amen.



**Day 1**

## Day 1

### 4. Scripture Reading: John 14:15-26

### 6. Intercessory prayers

**Leader:** Let us all pray with faith and hope, Holy Spirit, to fill us with your wisdom. Wisdom increases our faith and strengthens our hope. Virtues become owners of the practicing life. It enlightens our intellect to discern good and evil. Wisdom qualifies us not to find joy in the momentary pleasures of the world, but to find heavenly joy through the sufferings and crosses of daily life.

**Community: *Come and fill us with the Holy Spirit, the source of wisdom.***

1.0 Holy Spirit, who came down upon the disciples on the day of Pentecost and strengthened them with your gifts, that we too may be filled with wisdom,

**Community: *Come and fill us with the Holy Spirit, the source of wisdom.***

2.Holy Spirit, by your power we may deepen in faith and become witnesses of Jesus to the whole world, **Community: *Come and fill us with the Holy Spirit, the source of wisdom.***

3. The Holy Spirit, the source of wisdom, came into us, that we might have an awareness of sin, righteousness, and judgment, and live in God's righteousness and faithfulness in this world of darkness.

**Community: *Come and fill us with the Holy Spirit, the source of wisdom.***

### 9. Concluding Prayer

**Leader:** Oh God... You fill our hearts with pure love. Help us to love You sincerely and never be separated from the blessings You give and do for us. We pray to You through the Lord Jesus Christ that in this life that You have given us as a gift, our Lord, Master and Lover, help us to love those around us selflessly like Jesus and to find joy in helping them in all their needs.

**Community: *Amen***



**Day 2**



## Day 2

### 4. Scripture Reading: John. 7:37-39.

### 6. Intercessory prayers

**Leader:** Let us pray to the Lord who has hidden the divine secret from the wise and revealed it to infants. It is the Holy Spirit who bestows the grace to understand what is known. We can taste the truths we know when we understand them. Our lives are renewed when we take in and own the divine secrets that are revealed.

**Community:** *Holy Spirit enlighten our minds.*

1. As it is said that out of the hearts of those who believe shall flow streams of living water.

**Community:** *Holy Spirit enlighten our minds.*

2. O God, as you, the Word, took on flesh among us, so that the word of God received in our hearts may take on flesh in our lives,

**Community:** *Holy Spirit, enlighten our minds.*

3. O God, that we may do good to others with all the virtues and talents which Thou hast shed in us, and thereby bring forth the glory of God,

**Community:** *Holy Spirit enlighten our minds.*

4. O Holy Spirit, in order to utilize all the knowledge, you give scientifically and technologically only for good,

**Community:** *Holy Spirit enlighten our minds.*

### 9. Concluding prayer

**Leader:** O God, fill us with the joy that is the fruit of the Holy Spirit. Help us to be happy always. May we face the unexpected with a smile, find the good in all our losses, and thank You. Keep us from losing hope by grumbling and complaining in tribulation. We pray to you through our Lord Jesus Christ that you will enable us to say with all our heart, not always my will, but your will be done.

**Community:** *Amen*



**Day 3**

## Day 3

### 4. Scripture Reading: 1 Corinthians 12:1-11

### 6. Intercessory prayers

**Leader:** Let us all pray that with love and joy, Lord, fill us with the Spirit of understanding. This gift of the Holy Spirit helps us to discern right and wrong in life's crises and to choose the right ones. As Christian believers, we can discern what God wants us to live in every life situation we are in. In this life's journey to salvation, wisdom is a priceless treasure. Above all, this qualifies us to walk in the path of truth that God directs,

**Community:** *Lord, fill us with the spirit of understanding.*

1. O God, we are created in Your image and likeness to use the intelligence and talents You have gifted us with only according to Your will,

**Community:** *Lord, fill us with the spirit of understanding.*

2. O God, you enrich the church with the blessings and gifts of the Spirit. Rooted in love and standing close to the Church in holiness and building up the Church,

**Community:** *Lord, fill us with the spirit of understanding.*

3. Lord, fill us with the spirit of understanding, that we may seek and fulfill your will in all our affairs in our daily lives.

**Community:** *Lord, fill us with the spirit of understanding.*

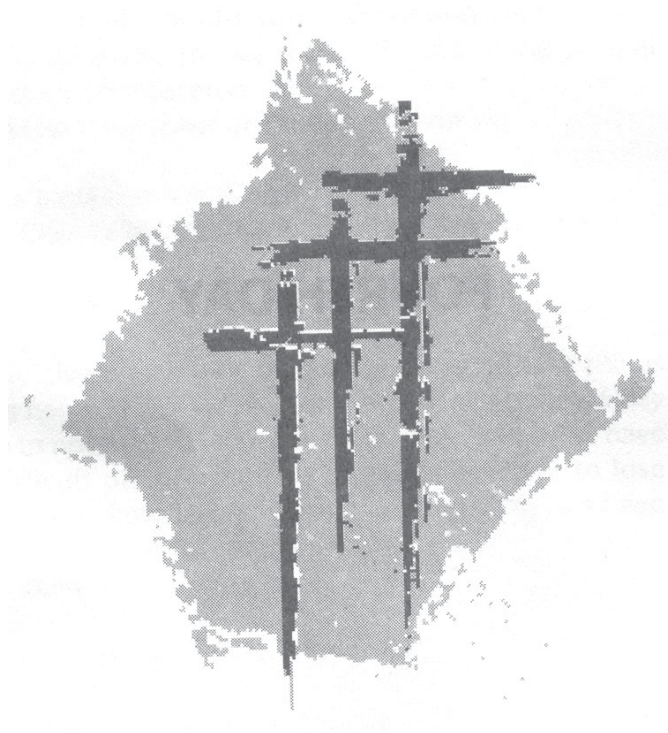
4. As lambs in the midst of wolves, we stand firm in the faith to meet the challenges of this age wisely,

**Community:** *Lord, fill us with the spirit of understanding.*

### 9. Concluding prayer

God, give us the peace that is the fruit of the Holy Spirit.... Help us to face everything with calmness without worrying about the crises of our daily life. We pray to you, through our Lord Jesus, to bless us to serve in peace without losing our equanimity in the face of pressures and troubles caused by others.

**Community:** *Amen.*



## Day 4

## Day 4

### 4. Scripture Reading: Acts:4:23-31

### 6. Intercessory prayers

**Leader:** Let us entrust ourselves to the Holy Spirit who is always with us in our daily life. Let us pray that we may be led by the power of the Holy Spirit and filled with His gift of endurance. Endurance gives courage. Due to this we overcome all fears. It is possible to accomplish what is entrusted to us without giving up hope in crushing misfortunes. And to receive joyfully the times of salutary suffering. Endurance enables us to endure to the end and obtain salvation.

**Community: Fill us with the power of the Spirit.**

1. Holy Spirit, who led the early church in power and full of grace, fill us with the power of the Spirit, the community, to boldly proclaim our faith in you.

**Community: Fill us with the power of the Spirit.**

2. Jesus, you made us understand the tortures and sufferings we have to endure in this world. Deep in faith, for the strength to accept the sufferings that come our way,

**Community: Fill us with the power of the Spirit.**

3. In the midst of all the persecutions against Christians, all are steadfast in their faith and endure,

**Community: Fill us with the power of the Spirit.**

4. For each one of us who are called to be prophets of this age to recognize the evil around us and to accept only the good and live towards heaven,

**Community: Fill us with the power of the Spirit.**

## **9. Concluding Prayer**

**Leader:** Oh God, fill us with patience, which is the fruit of the Holy Spirit. Help us to be patient with others in all the situations we find ourselves in. Be with us in all situations where we are likely to be upset, angry, and opposed. We pray to you through our Lord Jesus Christ that when things do not go according to our expectations and when the opposite happens, we do not lose hope and help us to remain patient and depend on your providence to evolve everything for good.

**Community: Amen**



**Day 5**

## Day 5

### 4. Scripture Reading: 1 Corinthians 14:1-5

### 6. Intercessory prayers

**Leader:** Let us all pray with devotion and faith to the Holy Spirit to give us the gift of 'Knowledge'. Man's insignificance is revealed when God's power is realized. When we realize God's care and love for us in life's crises, we can always live glorifying Him. This gift of the Holy Spirit reminds us that we are only instruments in His hands. He who values the relationship with God above all else owns the stream of knowledge,

**Community:** *Lord, fill us with the Holy Spirit's gift of knowledge.*

1. Lord, fill us with the gift of the Holy Spirit of knowledge, so that we may grow like Jesus, who grew in wisdom and age in the favor of God and men.

**Community:** *Lord, fill us with the Holy Spirit's gift of knowledge.*

2. To realize the vanity of worldly pleasures and live,

**Community:** *Lord, fill us with the Holy Spirit's gift of knowledge.*

3. To live in the realization that our intellect and mind are Your gifts,

**Community:** *Lord, fill us with the Holy Spirit's gift of knowledge.*

4. To always recognize God's voice and live happily,

**Community:** *Lord, fill us with the Holy Spirit's gift of knowledge.*

5. To own a lifestyle based on God's word,

**Community:** *Lord, fill us with the Holy Spirit's gift of knowledge.*



## **9. Concluding Prayer**

Oh God, fill us with the Holy Spirit fruit of kindness. Strengthen us not to miss opportunities to do good to others and to be happy in doing good. Make us strong enough to share what we have with those in need, not to despise anyone, to see the good in everyone, and to uncritically forgive those who hurt us. We pray to you through our Lord Jesus Christ to help us to always be kind to everyone.

***Community: Amen.***



**Day 6**

## Day 6

### 4. Scripture Reading: Romans 8:26-30

### 6. Intercessory prayers

**Leader:** Let us pray for the Holy Spirit to come and fill us with everything we ask for in abundance. Oh... my life, source of devotion, come and fill me. The gift of godliness creates love for God the Father in our hearts. We pray for everything and everyone dedicated to him for this love. We love and respect the mother, the saints, the believers and the church, the church leaders and rulers. Devotional practices never become a burden to a pious person. On the contrary, it is a blissful experience,

**Community:** *Oh... my life, source of devotion, come and fill me.*

1. That we may delight in godliness, and taste the sweetness of peace,

**Community:** *Oh... my life, source of devotion, come and fill me.*

2. To remain worshipers of God in spirit and truth,

**Community:** *Oh... my life, source of devotion, come and fill me.*

3. To be deeply filled with devotion to God, the source of wisdom, and always to fulfill only God's will, **Community:** *Oh... my life, source of devotion, come and fill me.*

4. To live always in company with the Holy Spirit who gives strength in weakness,

**Community:** *Oh... my life, source of devotion, come and fill me.*

### **9. Concluding Prayer**

Oh my God, fill us with the virtue of goodness and let us be an example to many by our deeds. Let us not cause any wrongdoing. Help us to be honest and sincere in our words and actions. Guide us with holy thoughts. We beseech Thee through our Lord Jesus Christ, that thou mayest always put in us the discernment from the state we are to the state we ought to be,

***Community: Amen***



**Day 7**

## Day 7

### 4. Scripture Reading: Galatians 5:22-26

### 5. Intercessory prayers

**Leader:** In faithfulness to God who fulfilled the promise made to our forefathers, let us pray to renounce the works of darkness and live in the fear of God and thereby become bearers of the fruits of light. Fear of God helps us to hate sin and not to offend God by sinning. This gift of the Holy Spirit empowers us not to fear hell, but to show our love, respect and submission to God the Father. Fear of God is the beginning of wisdom. We are in the circle of love of God the Father without worldly desires ever subjugating us. He daily cleanses the souls of those who are acceptable in God's sight,

**Community: Bless us to live daily in the fear of God.**

1. Messiah, beloved Son of the Holy Mother, who redeemed us by His blood, that we may be freed from our bonds of sin,

**Community: Bless us to live daily in the fear of God.**

2. Realizing the power of Your resurrection and glorifying His life and death, to live faithfully,

**Community: Bless us to live daily in the fear of God.**

3. O Lord, who has chosen disciples to spread the good news of salvation to the whole world and has promised to be with you always.

**Community: Bless us to live daily in the fear of God.**

4. To sincerely love the Church you established and to realize its value and continue the mission of salvation,

**Community: Bless us to live daily in the fear of God.**

### **9. Concluding Prayer**

Oh God, help us to be faithful to You, to others and to our own selves. O Lord help us to always tell the truth, to act in humility, and give us the grace to not judge others and to consider others as better than us. Give us strength in our weakness. We pray to you through our Lord Jesus Christ to bless us to be sincere in what we do for those who love us and for those who we love.

***Community: Amen.***



**Day 8**



## Day 8

### 4. Scripture Reading: Acts: 2-37 – 47

### 6. Intercessory prayers

**Leader:** Let us pray to God, who sent the Holy Spirit to earth to reveal the way of salvation, to fill us with the fruits and gifts of the Holy Spirit.

**Community:** *Lord, fill us with the gifts and fruits of the Holy Spirit.*

1. Lord, fill us with the gifts and fruits of the Holy Spirit so that the Kingdom of God may be established here by sharing what we have, like the early Christian community.

**Community:** *Lord, fill us with the gifts and fruits of the Holy Spirit.*

2. O Jesus, you have given us your mother as our mother. That we may reach Thee through this mother as Thou wilt,

**Community:** *Lord, fill us with the gifts and fruits of the Holy Spirit*

3. To sanctify ourselves more by being filled with the Holy Spirit, receiving most worthily the sacraments which you have instituted,

**Community:** *Lord, fill us with the gifts and fruits of the Holy Spirit.*

4. To draw others to you by imitating the Holy Mother through the virtues of humility and obedience. **Community:** *Lord, fill us with the gifts and fruits of the Holy Spirit.*

5. Lord, fill us with the gifts and fruits of the Holy Spirit, that we may be strengthened in the unity of the community, like the early Christian community, which resembles the unity of the Holy Trinity. **Community:** *Lord, fill us with the gifts and fruits of the Holy Spirit.*

## **9. Concluding prayer**

Oh God, give us the fruit of meekness. Help us not to hurt others with harsh words and actions. May we never become those who find joy in hurting others. Strengthen us to treat others as we would like them to treat us. Through our Lord Jesus Christ, we pray to You to help us to be merciful and considerate to the sick, the afflicted, the aged, and the needy.

***Community: Amen***



Day 9

## Day 9

### 4. Scripture Reading: Acts 2:1-13

### 6. Intercessory prayers

**Leader:** Let us give thanks with enthusiasm and joy to the Holy Spirit who has filled us with His gifts and fruits.

**Community:** *We thank You, Holy Spirit.*

1. Who came down in the form of fire upon the Holy Mother and the disciples who were in prayer and strengthened them

**Community:** *Holy Spirit, we thank you*

2. Who chose disciples to preach the good news of salvation to the ends of the earth and filled them with His gifts and blessings,

**Community:** *Holy Spirit, we thank you*

3. Inspired many to devote their time and talents to the evangelization of India.

**Community:** *Holy Spirit, we thank you*

4. Always strengthening the Holy Father and the Bishops to lead the Church,

**Community:** *Holy Spirit, we thank you*

5. Who dwells in us forever and sanctifies us. **Community:** *Holy Spirit, we thank you*

### 9. Concluding Prayer

Oh God, give us self-control. Help us to control our emotions and tongue. Let us not speak or behave in a way that hurts others. Free our hearts from the evil spirits of hatred and jealousy. We pray to You through our Lord Jesus Christ to bless us so that our feelings and actions are rooted in love.

**Community:** *Amen*



**Pentecost Feast Day**

## **Pentecost Feast Day**

### **Opening prayer**

**Praise: Joel 2:28-32**

**Scripture Reading: Acts: 2:1-47**

### **Prayer**

God, we praise you. Jesus, we adore you. Holy Spirit, we glorify you. Holy Spirit, come and fill us. Give us a new Pentecostal experience Holy Spirit, sanctify us Holy Spirit, guide us and teach us to witness to the world. Loving Mother, offer our prayers to your loving Father, so we may receive the gifts and blessings of the Holy Spirit. Through your intercession and help, may God the Father bless us with virtues, gifts and fruits of the Holy Spirit. **Amen.**

## **Prayer for the Seven Gifts of the Holy Ghost**

O Lord Jesus Christ, Who, before ascending into heaven, didst promise to send the Holy Ghost to finish Thy work in the souls of Thy Apostles and Disciples, deign to grant the same Holy Spirit to me, that He may perfect in my soul the work of Thy grace and Thy love. Grant me the Spirit of Wisdom that I may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten my mind with the light of Thy divine truth, the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining Heaven, the Spirit of Fortitude that I may bear my cross with Thee, and that I may overcome with courage all the obstacles that oppose my salvation, the Spirit of Knowledge that I may know God and know myself and grow perfect in the science of the Saints, the Spirit of Piety that I may find the service of God sweet and amiable, the Spirit of Fear that I may be filled with a loving reverence towards God, and may dread in any way to displease Him. Mark me, dear Lord, with the sign of Thy true disciples and animate me in all things with Thy Spirit. Amen.

## **Act of Consecration to the Holy Ghost**

On my knees before the great multitude of heavenly witnesses, I offer myself soul and body to Thee, Eternal Spirit of God. I adore the brightness of Thy purity, the unerring keenness of Thy justice, and the might of Thy love. Thou art the Strength and Light of my soul. In Thee I live and move and am. I desire never to grieve Thee by unfaithfulness to grace, and I pray with all my heart to be kept from the smallest sin against Thee. Mercifully guard my every thought and grant that I may always watch for Thy light and listen to Thy voice and follow Thy gracious inspirations. I cling to Thee and give myself to Thee and ask Thee by Thy 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 Thee Adorable Spirit, helper of my infirmity, so to keep me in Thy grace that I may never sin against Thee. Give me grace O Holy Ghost, Spirit of the Father and the Son, to say to Thee always and everywhere, "Speak Lord, for Thy servant heareth." Amen.

## **Litany of the Holy Spirit**

**Lord, have mercy on us. Christ, have mercy on us.**

**Lord, have mercy on us. Holy Ghost, hear us.**

**Holy Ghost, graciously hear us.**

**God, the Father of Heaven, *Have mercy on us.***

**God, the Son, Redeemer of the world, *Have mercy on us.***

**God, the Holy Ghost, *Have mercy on us.***

**Holy Trinity, one God, *Have mercy on us.***

**Holy Ghost, who proceeds from the Father and the Son, *Have mercy on us.***

**Holy Ghost, co-equal with the Father and the Son, *Have mercy on us***

**Promise of the Father, most loving and most bounteous, *Have mercy on us.***

**Gift of the most High God, Have mercy on us.**  
**Ray of heavenly light, Have mercy on us.**  
**Author of all good, Have mercy on us.**  
**Source of living water, Have mercy on us.**  
**Consuming fire, Have mercy on us.**  
**Burning love, Have mercy on us.**  
**Spiritual unction, Have mercy on us.**  
**Spirit of truth and power, Have mercy on us.**  
**Spirit of wisdom and understanding, Have mercy on us.**  
**Spirit of counsel and fortitude, Have mercy on us.**  
**Spirit of knowledge and piety, Have mercy on us.**  
**Spirit of the fear of the Lord, Have mercy on us.**  
**Spirit of compunction and of penance, Have mercy on us.**  
**Spirit of grace and of prayer, Have mercy on us.**  
**Spirit of charity, peace, and joy, Have mercy on us.**  
**Spirit of patience, longanimity and goodness, Have mercy on us.**  
**Spirit of benignity, mildness and fidelity, Have mercy on us.**  
**Spirit of modesty, continence and chastity, Have mercy on us.**  
**Spirit of adoption of the sons of God, Have mercy on us.**  
**Holy Ghost, the Comforter, Have mercy on us.**  
**Holy Ghost, the Sanctifier, Have mercy on us.**  
**Who in the beginning didst move over the waters, Have mercy on us.**  
**By whose inspiration spoke the holy men of God, Have mercy on us.**  
**Who didst overshadow Mary, Have mercy on us.**  
**Who didst cooperate in the miraculous conception of the Son of God, Have mercy on us.**  
**Who didst descend upon Him at His baptism, Have mercy on us.**  
**Who on the day of Pentecost didst appear in fiery tongues upon the disciples of the Lord, Have mercy on us.**  
**By Whom we are also born, Have mercy on us.**  
**Who dwells in us, Have mercy on us.**  
**Who governs the Church, Have mercy on us.**  
**Who fills the whole world, Have mercy on us.**

**Holy Ghost, we beseech Thee, hear us.**  
**That Thou renew the face of the earth, we beseech Thee, hear us.**  
**That Thou shed abroad Thy light in our hearts, we beseech Thee, hear us.**  
**That Thou write Thy law in our hearts, we beseech Thee, hear us.**



**That Thou inflame us with the fire of Thy love, we beseech Thee, hear us.**

**That Thou open to us the treasures of Thy grace, we beseech Thee, hear us.**

**That Thou teach us to ask for them according to Thy will, we beseech Thee, hear us.**

**That Thou enlighten us with Thy heavenly inspirations, we beseech Thee, hear us.**

**That Thou keep us to Thyself by Thy powerful attractions, we beseech Thee, hear us.**

**That Thou grant to us the knowledge that alone is necessary, we beseech Thee, hear us.**

**That Thou help us to love and bear with one another, we beseech Thee, hear us.**

**That Thou lead us in the way of Thy commandments, we beseech Thee, hear us.**

**That Thou make us obedient to Thy inspirations, we beseech Thee, hear us.**

**That Thou teach us to pray, and Thyself pray with us, we beseech Thee, hear us.**

**That Thou clothe us with love towards our brethren, we beseech Thee, hear us.**

**That Thou inspire us with horror of evil, we beseech Thee, hear us.**

**That Thou direct us in the practice of good, we beseech Thee, hear us.**

**That Thou give us the grace of all virtues, we beseech Thee, hear us.**

**That Thou cause us to persevere in justice, we beseech Thee, hear us.**

**That Thou be Thyself our everlasting reward, we beseech Thee, hear us.**

**Lamb of God, Who takes away the sins of the world, Spare us,**

**O Lord. Lamb of God, Who takes away the sins of the world, Graciously hear us,**

**O Lord. Lamb of God, Who takes away the sins of the world, Have mercy on us.**

**Holy Ghost, hear us. Holy Ghost, graciously hear us.**

**Lord, have mercy on us. Christ, have mercy on us.**

**Create in us a clean heart, O God. And renew a right spirit in us.**

### **Let us pray**

Grant, O merciful Father, that Thy Divine Spirit may enlighten, inflame and cleanse our hearts; that He may penetrate us with His heavenly dew, and make us fruitful

in good works. Through Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the same Holy Ghost, one God, world without end. **Amen.**

O Holy Spirit, who is one with the Father and the Son, who sanctifies and comforts all, fill the hearts of your servants, who are the gift, source of life, and spiritual anointing of the Most High God. It is your father's promise. He is the possessor of seven gifts. Enrich us with Your bounties and fruits. Give me the grace to think with holiness, speak with humility, and act with wisdom. Bless me to persevere in the midst of suffering, to remove doubts, not to give up hope in life's temptations, to love and to see you in others. All praise, glory and thanksgiving be to you who live forever with the Father Almighty and with his only begotten Son Jesus Christ. **Amen.**

**Source: Jesus Youth**