

Novena to the Holy Spirit

St Francis by the Sea

Friday, May 14 to Saturday, May 22



To prepare to celebrate Pentecost, the descent of the Holy Spirit on the Church, we are invited to pray the Holy Spirit Novena! It is a powerful and moving novena that is meant to help us open ourselves up to the third person of the Holy Trinity. Let us pray with great confidence and trust in our God who is all Good and Loving.

The Fruits of the Spirit are the new wine of the gospel that fill us with divine energy and a certain spontaneity. They are nine aspects of the mind of Christ. They prove Christ is living in us and transforming us into witnesses of his continuing presence in the world. By manifesting the Fruits in daily life, we bear witness to the Resurrection of Christ in a most profound way. It is not so much preaching or teaching, but our rootedness in the Spirit that communicates Christ's life to the people around us: our family, friends and co-workers.

Opening Prayer: Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate.

O Holy Spirit, by Your power, Christ was raised from the dead to save us all. By your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil.

Day 1, Friday, May, 14: Love

The Greek word for Christian love is **agape**, and it is perfect love that only God can give. It is self-giving love as opposed to self-seeking love; a participation in God's unconditional love. Faith in God's presence in others enables us to overlook personality or character defects that cause difficulty, and thus we are able to accept others just as they are, as God does with us. The growth of love in our life leads to self-surrender to God and to the compassionate love of others. We ask with humility and an open heart for this fruit to grow within us.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. " - 1 Cor. 13:4

"As the Father has loved me, so I have loved you. Now remain in my love. If you keep my commandments, you will remain in my love... I have told you this so that my joy may be in you and that your joy may be complete." - John 15:9-11

Spirit of Love, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.



Let us Pray:

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth.

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, through Christ Our Lord. Amen

Closing Prayer:

Fill me with the fruits of your Spirit, Lord.

Fill me with love, so that I seek to understand and appreciate the rich variety and diversity of life that surrounds me.

Fill me with joy, so that I celebrate your presence in each and every moment I am on this earth.

Fill me with peace, so that I know how to ease those angry and sometimes violent urges that well up inside of me.

Fill me with patience, so that I stop rushing long enough to witness your miraculous work taking place all around me and within me.

Fill me with kindness, so that I take the extra time to help the one in need, even when it isn't convenient for me.

Fill me with faithfulness, so that I place my mind, heart, and all that I do in service of your Gospel.

Fill me with gentleness, so that others know that I believe in a God who loves and cares for all people.

Fill me with self-control, so that I act not on my impulses and urges, but rather on my beliefs and values, which are rooted in you.

Fill me with these fruits of your Spirit, Lord. Amen.

[Galatians 5: 22-23]

Day 2, Saturday, May 15: Joy

Opening Prayer: Let us bow down in humility...

Joy is an abiding sense of well-being based on the experience of a conscious relationship with God. It is a sign of liberation from whatever is false or inauthentic in us, and a growing awareness of our true self, which is made in the image and likeness of God. When joy flows in our life, we are free to live in the present moment, with its difficulties and challenges, without trying to change it. It is the experience of living water that flows from the divine source in our innermost being, which Jesus spoke about in the seventh chapter of John's Gospel. A joyful person regularly thanks God for their blessings and takes delight in them.

"If anyone thirsts, let him come to me and drink. Out of that person's innermost being will flow rivers of living water." - *John 7:37-39*

“Rejoice always; pray without ceasing; in everything give thanks; for this is God’s will for you in Christ Jesus” - *1 Thess. 5:16-18*

Spirit of Joy, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.



Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

Day 3, Sunday, May 16: Peace

Opening Prayer: Let us bow down in humility...

Peace is the pervasive sense of contentment that comes from being rooted in God while being fully aware of one’s emptiness. It endures the ups and downs of life, beyond the emotions of joy and sorrow. At the deepest level one knows that all is well, that everything is just right despite all appearances to the contrary. This is only a peace that God can give.

“You will keep in perfect peace those whose minds are steadfast, because they trust in you.” – *Is. 26:3*

“Father, into your hands I commend my spirit.” - *Luke 24:46*

Spirit of Peace, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.



Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

Day 4, Monday, May 17: Patience

Opening Prayer: Let us bow down in humility...

Patience or long-suffering is certitude in God’s unwavering fidelity to his promises. Our security is no longer based on anything we might possess or accomplish, but rather on our conviction of God’s unfailing protection and readiness to help. Thus, we are not disturbed by the ebb and flow of human events and our emotional reactions to them. Feelings continue to be felt, at times more strongly than ever, but they no longer dominate our awareness or activity. We are content to wait with confidence for God’s deliverance in every situation. We have interiorized the words of the Gospel below.

“Ask and you shall receive. Seek and you shall find. Knock and the door shall be opened to you.”
- *Matt 7:7*

“Rest in the Lord and wait patiently for Him...” - *Psalm 37:7*

Spirit of Patience, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.

Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...



Day 5, Tuesday, May 18: Kindness

Opening Prayer: Let us bow down in humility...

Biblical kindness is an outward fruit of the inward work of the Spirit. We are kind as a way of **being** more than a way of **doing**. Kindness is freedom from the energy of hostility, hatred, or outbursts of anger. The growth of kindness opens us to the continual awareness of God’s presence and the acceptance of everyone with their limitations. We may not approve of what others do, but we love them as they are and are ready to help them whenever possible, without trying to change them (this includes ourselves.) Kindness has the power to transform, thus changing our own lives and the lives of those we love. We learn to rely more and more upon God, and less and less on our own efforts, while continuing to do what we can to improve. We use our energy and knowledge to nurture and protect God’s creatures and creation.



“Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.” – *Eph. 4:32*

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.” – *Col. 3:12*

Spirit of Kindness, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.

Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

Day 6, Wednesday, May 19: Goodness

Opening Prayer: Let us bow down in humility...

God is good, so the fruit of God’s Spirit, or presence, is goodness. Goodness is the affirmation of creation as good, together with a sense of oneness with the universe and everything created. It is the disposition that perceives events, even the tragic things of life, as manifestations of God’s love. It recognizes the beauty of all creation in spite of the damage that human selfishness has imposed upon it. As a result, gratitude to God abounds in our hearts and a positive attitude characterizes our relationship with others within the normal challenges of everyday life.



“Surely goodness and kindness will follow me all the days of my life, and I will dwell in the house of the Lord forever.” - *Psalms 23:6*

“Oh, how abundant is your goodness.” - *Psalms 31:19*

Spirit of Goodness, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.

Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

Day 7, Thursday, May 20: Faithfulness

Opening Prayer: Let us bow down in humility...

Faithfulness is the daily offering of ourselves and all our actions to God out of compassion for others, especially in service of their concrete needs. This gift serves God without dwelling on what God or others will do for us and perseveres without thinking of getting a return. Our normal need for affirmation is coming from a new place: the growing conviction of being loved by God that greatly reduces the desire for human approval.



“For we walk by faith, not by sight” - *2 Cor. 5:7*

“Now faith is the assurance of things hoped for, the conviction of things not seen.” - *Hebrews 11:1*

“Then I heard the voice of the Lord saying, ‘Who should I send? Who will go for Us?’ I said, ‘Here I am. Send me.’” - *Isaiah 6:8*

Spirit of Faithfulness, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.

Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

Day 8, Friday, May 21: Gentleness

Opening Prayer: Let us bow down in humility...

The Greek word for gentleness, *prautes*, also means meekness, or “strength under control”. Gentleness is a participation in God’s way of doing things that is both gentle and firm, sustaining all creation with its enormous diversity, yet without effort. We labor in the service of God more than ever, and yet have the sense of stepping back and watching God make things happen according to his will within us and in others. Our anxious effort to serve God and our anxious search for God cease as we recognize only He can make our efforts fruitful and He is always with us. As pride, vanity and jealousy are gradually relinquished, we find immense freedom just



to be who we are and to serve Him the best we can in whatever way he calls us, leaving the results and timing up to Him.

“Let your gentleness be evident to all. The Lord is near.” – *Phil. 4:5*

“Walk in a manner worthy of the calling to which you have been called with all humility and gentleness.”
– *Eph. 4:1-2*

Spirit of Gentleness, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.

Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

Day 9, Saturday, May 22: Self-Control

Opening Prayer: Let us bow down in humility...

Self-control as a Fruit of the Spirit is **not** the domination of our will over our emotions. It is rather our awareness of God’s abiding presence and is the result of the infusion of God’s steadfast love. Hence our former compulsive reaching out for security, affection and esteem, power and status symbols ceases. The inner assurance of God’s unwavering love enhances our freedom of choice and action. Out of that interior liberty, self-control arises spontaneously. We know that despite our weakness, God will give us the strength to get through every trial and temptation. “Apart from me, you can do nothing” Jesus says in John chapter 15. When we are grafted to the Vine, we already have the power and authority to say “yes” or “no” or just “not right now” because the God who lives in us has all power. Abiding in Christ’s power releases us from striving to muster up our own and move forward in grace and with courage.



“A person without self-control is like a city with broken-down walls.” - *Proverbs 25:28*

“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.” – 2
Timothy 1:7

Spirit of Self-Control, what do you want of me today?

Take 5 minutes to be silent and still, to listen to the Spirit and receive this gift.

Let us pray: Come, Holy Spirit...

Closing prayer: Fill me...

*Material for this Novena was adapted from: *Fruits and Gifts of the Spirit* by Thomas Keating; shereadstruth.com and Bibleinfo.com

Bishop Barron has a short inspirational video on the Holy Spirit which you can view here:
<https://youtu.be/1INut0Gi09Q>

*He invites us to pray a simple but powerful prayer that never fails:
Come, Holy Spirit or "**Veni Sancte Spiritus**".*

Listen here for a beautiful version by Taize: <https://youtu.be/GXwzKtUHFHs>

