

Holy Spirit



Novena

The Origin of the Holy Spirit Novena

This novena is the original and oldest one in the Church.

Jesus Himself instituted this novena when, after His Ascension, He told His Apostles to go to Jerusalem and pray for nine days before receiving the Holy Spirit at Pentecost.

Thus, over the centuries, 9-day novenas of prayer have developed in the Church, and Catholics pray novenas for specific intentions.

In the novena to the Holy Spirit, the main intention is to receive the seven gifts of the Holy Spirit: wisdom, understanding, knowledge, counsel, fortitude, piety, and fear of the Lord.

The Holy Spirit grants these gifts to the faithful, beginning in Baptism and increasing in Confirmation.

Pentecost

Pentecost comes from the Greek meaning fiftieth, referring to the fiftieth day since the Jewish Passover.

In Acts, chapter 2, St. Luke writes that the Apostles and followers of Christ “were all together in one place” on the “day of Pentecost” and a mighty wind came, symbolizing the Holy Spirit, and that tongues of fire appeared and rested over each of them.

The Apostles were then able to speak in other languages and understand them as well. This miracle showed that God was reversing the curse from the Tower of Babel, where He confused the people’s tongues so they could not understand each other.

Pray the novena to the Holy Spirit for an increase in His seven gifts in your life.

May 22 - Day 1 Prayer: The Seven Gifts

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 heareth.' Amen.

Daily Prayer

Holy Spirit, Lord of Light. From Your clear celestial height, Your pure beaming radiance give. Only one thing is important, eternal salvation. Only one thing, therefore, is to be feared, sin.

Sin is the result of ignorance, weakness, and indifference. The Holy Spirit is the Spirit of Light, of Strength, and of Love. With His sevenfold gifts He enlightens the mind, strengthens the will, and inflames the heart with love of God. To

ensure our salvation we ought to invoke the Divine Spirit daily, for The Spirit helpeth our infirmity. We know not what we should pray for as we ought. But the Spirit Himself asketh for us.

Almighty and eternal God, Who hast vouchsafed to regenerate us by water and the Holy Spirit, and hast given us forgiveness all sins, vouchsafe to send forth from heaven upon us your sevenfold Spirit, the Spirit of Wisdom and Understanding, the Spirit of Counsel and fortitude, the Spirit of Knowledge and Piety, and fill us with the Spirit of Holy Fear. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 23 - Day 2 Prayer: Holy Fear

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 heareth.' Amen.

Daily Prayer

Come, Father of the poor. Come, treasures which endure. Come, Light of all that live. The gift of Fear fills us with a sovereign respect for God, and makes us dread nothing so much as to offend Him by sin.

It is a fear that arises, not from the thought of hell, but from sentiments of reverence and filial submission to our heavenly Father. It is the fear that is the beginning of wisdom, detaching us from worldly pleasures that could in any

way separate us from God. They that fear the Lord will prepare their hearts, and in His sight will sanctify their souls.

Come, O blessed Spirit of Holy Fear, penetrate my inmost heart, that I may set you, my Lord and God, before my face forever, help me to shun all things that can offend You, and make me worthy to appear before the pure eyes of Your Divine Majesty in heaven, where You live and reign in the unity of the ever Blessed Trinity, God world without end. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 24 - Day 3 Prayer: Piety

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 heareth.' Amen.

Daily Prayer

Thou, of all consolers best, Visiting the troubled breast, Dost refreshing peace bestow. The gift of Piety begets in our hearts a filial affection for God as our most loving Father.

It inspires us to love and respect for His sake persons and things consecrated to Him, as well as those who are vested with His authority, His Blessed Mother and the Saints, the Church and its visible Head, our parents and superiors, our

country and its rulers. He who is filled with the gift of Piety finds the practice of his religion, not a burdensome duty, but a delightful service. Where there is love, there is no labor.

Come, O Blessed Spirit of Piety, possess my heart. Enkindle therein such a love for God, that I may find satisfaction only in His service, and for His sake lovingly submit to all legitimate authority. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 25 - Day 4 Prayer: Fortitude

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 heareth.' Amen.

Daily Prayer

Thou in toil art comfort sweet, Pleasant coolness in the heat, solace in the midst of woe. By the gift of Fortitude the soul is strengthened against natural fear, and supported to the end in the performance of duty.

Fortitude imparts to the will an impulse and energy which move it to under take without hesitancy the most arduous tasks, to face dangers, to trample under foot

human respect, and to endure without complaint the slow martyrdom of even lifelong tribulation. He that shall persevere unto the end, he shall be saved.

Come, O Blessed Spirit of Fortitude, uphold my soul in time of trouble and adversity, sustain my efforts after holiness, strengthen my weakness, give me courage against all the assaults of my enemies, that I may never be overcome and separated from Thee, my God and greatest Good. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 26 - Day 5 Prayer: Knowledge

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 heareth.' Amen.

Daily Prayer

Light immortal! Light Divine! Visit Thou these hearts of Thine, And our inmost being fill! The gift of Knowledge enables the soul to evaluate created things at their true worth—in their relation to God.

Knowledge unmask the pretense of creatures, reveals their emptiness, and points out their only true purpose as instruments in the service of God. It shows us the loving care of God even in adversity, and directs us to glorify Him in

every circumstance of life. Guided by its light, we put first things first, and prize the friendship of God beyond all else. Knowledge is a fountain of life to him that possesseth it.

Come, O Blessed Spirit of Knowledge, and grant that I may perceive the will of the Father; show me the nothingness of earthly things, that I may realize their vanity and use them only for Thy glory and my own salvation, looking ever beyond them to Thee, and Thy eternal rewards. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 27 - Day 6 Prayer: Understanding

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 heareth.' Amen.

Daily Prayer

If Thou take Thy grace away, nothing pure in man will stay, All his good is turn'd to ill. Understanding, as a gift of the Holy Spirit, helps us to grasp the meaning of the truths of our holy religion BY faith we know them, but by Understanding we learn to appreciate and relish them.

It enables us to penetrate the inner meaning of revealed truths and through them to be quickened to newness of life. Our faith ceases to be sterile and inactive,

but inspires a mode of life that bears eloquent testimony to the faith that is in us; we begin to walk worthy of God in all things pleasing, and increasing in the knowledge of God.

Come, O Spirit of Understanding, and enlighten our minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Thy Light; and in the light of glory to have a clear vision of Thee and the Father and the Son. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 28 - Day 7 Prayer: Counsel

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 heareth.' Amen.

Daily Prayer

Heal our wounds, our strength renews; On our dryness pour Thy dew, Wash the stains of guilt away. The gift of Counsel endows the soul with supernatural prudence, enabling it to judge promptly and rightly what must be done, especially in difficult circumstances.

Counsel applies the principles furnished by Knowledge and Understanding to the innumerable concrete cases that confront us in the course of our daily duty

as parents, teachers, public servants, and Christian citizens. Counsel is supernatural common sense, a priceless treasure in the quest of salvation. Above all these things, pray to the Most High, that He may direct thy way in truth.

Come, O Spirit of Counsel, help and guide me in all my ways, that I may always do Thy holy will. Incline my heart to that which is good; turn it away from all that is evil, and direct me by the straight path of Thy commandments to that goal of eternal life for which I long.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 29 - Day 8 Prayer: Wisdom

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 heareth.' Amen.

Daily Prayer

Bend the stubborn heart and will, melt the frozen warm the chill. Guide the steps that go astray! Embodying all the other gifts, as charity embraces all the other virtues, Wisdom is the most perfect of the gifts. Of wisdom it is written all good things came to me with her, and innumerable riches through her hands.

It is the gift of Wisdom that strengthens our faith, fortifies hope, perfects charity, and promotes the practice of virtue in the highest degree. Wisdom

enlightens the mind to discern and relish things divine, in the appreciation of which earthly joys lose their savor, whilst the Cross of Christ yields a divine sweetness according to the words of the Saviour: Take up thy cross and follow me, for my yoke is sweet and my burden light.

Come, O Spirit of Wisdom, and reveal to my soul the mysteries of heavenly things, their exceeding greatness, power and beauty. Teach me to love them above and beyond all the passing joys and satisfactions of earth. Help me to attain them and possess them for ever. Amen

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.

May 30 - Day 9 Prayer: Fruits of the Spirit

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 heareth.' Amen.

Daily Prayer

Thou, on those who evermore Thee confess and Thee Adore, in Thy sevenfold gift, Descend; Give Them Comfort when they die; Give them Life with Thee on high; Give them joys which never end. Amen

The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue more perfect. Such

acts of virtue leave the heart filled with joy and consolation and are known as Fruits of the Holy Spirit.

These Fruits in turn render the practice of virtue more attractive and become a powerful incentive for still greater efforts in the service of God, to serve Whom is to reign.

Come, O Divine Spirit, fill my heart with Thy heavenly fruits, Thy charity, joy, peace, patience, benignity, goodness, faith, mildness, and temperance, that I may never weary in the service of God, but by continued faithful submission to Thy inspiration may merit to be united eternally with Thee in the love of the Father and the Son. Amen.

Our Father and Hail Mary ONCE.
Glory be to the Father SEVEN TIMES.

Concluding Prayer

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your 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 Your divine truth, the Spirit on 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 You 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, and 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 Your true disciples, and animate me in all things with Your Spirit. Amen.