

NOVENA/RETREAT
THE HOLY SPIRIT
IN PREPARATION FOR THE FEAST OF PENTECOST
 Developed by Sister Marcia Krause



Before Jesus ascends into Heaven, he tells his disciples to return to Jerusalem and to wait in prayer for the coming of the Holy Spirit (Acts 1:4-5). For the next nine days, the disciples, along with Mary and some other women, “devoted themselves to constant prayer” (Acts 1:14). They awaited the Holy Spirit who would empower them to “be my witnesses...even to the ends of the earth.” (Acts 1:8) Today, as disciples of Jesus, we too join in prayer for a fresh outpouring of the Holy Spirit in our world,

our parish community, our families, and in ourselves. We need the power of the Holy Spirit to be effective witnesses of love of God for our world.

This time of prayer is often called the first Novena. A Novena is a nine-day period of prayer for a particular intention. Beginning on Friday, May 22, you are invited to pray the following Novena to the Holy Spirit for whatever intention you may have. You are encouraged to also pray for our Church family, that we will have a greater sense of the Holy Spirit in our lives. The Holy Spirit is God’s greatest gift to us. We are gifted in the Spirit with seven gifts within us: wisdom, understanding, knowledge, counsel, fortitude, piety/reverence and fear of the Lord. These gifts tie in well with the twelve fruits of the Holy Spirit many of which were well articulated by St. Paul in his letter to the Galatians (Gal 5:22-23): charity, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control. These Fruits of the Spirit prove that Christ is living in us and transforming us into witnesses of His continuing presence in the world. These dispositions are living evidence of Jesus’ resurrected presence.

For the next nine days, you are invited to make a particular effort to be attentive to the presence and activity of the Holy Spirit in your daily life and to respond to his promptings. Pray to be especially inspired and aware of the way you might be more guided by the Spirit’s influence especially during this new global moment. Jesus left us His Spirit to be with us always. The Spirit dwells within us. We know this through the spiritual gifts which are manifestation of God’s presence and power within us. God endows us with these certain gifts, not for ourselves, but always for the building up of His Body, the Church. We are gifted by them for mission as we journey here on earth. We need only be open to receive the gifts freely given and use them in serving others. By the presence and power of the Spirit within us, we are to bear the

fruits of the Spirit...the most convincing sign of God's presence. These are the best witness of the Divine Indwelling. Jesus said: "You will know them by their deeds." (Matt. 7:16) Let this time be one of gentle receptivity to what the Holy Spirit wants to accomplish in you. May you be awakened and open to the Spirit's movement in this retreat/novena. "Since we live by the Spirit, let us follow the Spirit's lead." (Gal 5:22-26) St. Paul advises us to be docile to the Spirit's inspiration and guidance and to be generous in permitting the Spirit to give direction to our lives. "At every opportunity pray in the Spirit." (Eph 6:18-20)

NOVENA RETREAT OUTLINE

- Suggested Music is noted at end of document [YouTube]
- Pray to seek the mind and heart of Mary to help you to become more attentive and responsive to the promptings of the Holy Spirit. [Suggestion: You may wish to reflect on a decade of the rosary OR on another prayer given below]
- Meditate on Scripture assigned for each day. As you do the first reading of the passage, listen with your mind's eye for the content. As you read it again, listen with your heart to what Jesus is saying to you. Be aware of what draws you in and what part of the passage might be a challenge to embrace. You may want to underline or write down the word you hear.

OPENING PRAYER OPTIONS

-Come, Holy Spirit, fill the hearts of your faithful and enkindle in us the fire of your love. Send forth your Spirit and we shall be created and you shall renew the face of the earth.

-Father of Light, from whom every good gift comes, send your Spirit into my life. With the power of a mighty wind and by the flame of your wisdom, open the horizons of my mind. Loosen my tongue to sing your praise in words beyond the power of speech, for without your Spirit no one could ever raise a voice in words of peace or announce the truth that Jesus is Lord! Amen.

-Holy Spirit, life-giving Breath,
 Breath of God, eternal Fire,
 Passion supreme, sacred Movement,
 Delicate Dancer, enveloping Water,
 Water within, our indwelling Spirit, our truest Self,
 Water without, our divine milieu,
 Soul of the universe, heavenly Delight, gift of Joy, omnipresent Presence,
 Power, Strength, Energy, Love, Lover, Friend,
 Creator of diversity, Source of unity,
 Oil of gladness, balm for sadness,
 Comforter, wise Guide, Spirit of Truth, Life Divine,
 We bow in awe and wonder within your Splendor,
 You who live in us and we in You forever and ever. Amen

Fire of Love Encountering the Holy Spirit, Donald J Goergen, OP, 2006, p. 199

-Invocation Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. O Holy Spirit, beloved of my soul, I adore you. Enlighten me, guide me, strengthen me, and console me. Direct my every choice. I give myself to all you desire of me and to accept all that you permit to happen to me. Let me only know your will. Grant this through Christ Our Lord. Amen.

“Come Holy Spirit, come fill my heart with your heavenly love. Enlighten my mind so that I may know the Truth, live the Truth, and be willing to die for the Truth.

Come Holy Spirit, come in the dark and lonely moments of my life, come to console me and comfort me. You who are the Sweet Guest of the soul, make me aware of your constant and living presence, so that I recognize that I am never alone because you are with me as a Faithful Friend.

Come Holy Spirit, come, you who are the Interior Master, teach me how to pray. I do not know how to pray well. I implore you to intercede for me with ineffable groans so that I can cry out: “Abba, Father!”

Come Holy Spirit, come in moments of doubt and confusion, be my light and counselor. Help me to make decisions, not according to my will but according to your holy will.

Come Holy Spirit, come in moments of weakness, give me strength. You who are the courage and strength of the martyrs, obtain for me interior strength to fight against sin, and anything that is not pleasing to you.

Come Holy Spirit, come, grant me a filial love for you and a sincere love for my neighbor, especially for those I live with and meet every day. Set my heart on fire with love.

Come Holy Spirit, come, sanctify me with your presence. You who are the sanctifier, attain for me an ardent yearning for holiness of life. “Be holy as your heavenly Father is holy.” May I attain holiness of life so as to attain the promise of eternal life.

Come Holy Spirit, come, produce in me a reverential fear that motivates me to avoid all that is displeasing to you, and to avoid any persons, places, things, or circumstances that could damage my friendship with you.

Come Mary, Mystical Spouse of the Holy Spirit, Temple of the Holy Spirit, you who had the most intimate and constant union with the Holy Spirit, pray for me so that my knowledge and love of the Holy Spirit will grow daily until I am with you forever in heaven, worshipping forever the Father, the Son and the Holy Spirit. Amen.” --St. Ignatius of Loyola



Scripture Readings for the Nine Days

Day One

Needing the Spirit “Drawing Near” Ezekiel 36:26-28: *I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts and giving you natural hearts. I will put my **Spirit** within you and make you live by my statutes, careful to observe my decrees. You shall live in the land I gave your fathers, you shall be my people, and I will be your God.*

Meditation: Our need is God’s opportunity. But we must acknowledge our need. Often this means helplessness before some weakness or sickness and an admission of our need for help. Next comes faith in the power of God’s Spirit, available to us to meet that need. Our faith must find some expression before any need will be met. That expression of faith is all God is looking for, and God will manifest *divine indwelling* power in our lives. Faith is the key that allows us to receive the storehouse of God’s resources.

Prayer for the Day: *Lord, I know I can come before you with confidence that by your grace and compassion you accept me. I ask you Lord to make my life what you desire of it. Cleanse me, heal me, restore me and through your divine power draw me near to you in everything. Thank you for supplying me with all I need through Jesus Christ our Lord. Amen*

Day Two

Needing the Spirit “Beloved of God” Romans: 8:2, 5, 14-16: *For the law of the spirit of life in Christ Jesus has freed you from the law of sin and death. Those who live according to the flesh are concerned with things of the flesh, but those who live according to the spirit the things of the spirit. For those who are led by the **Spirit of God** are children of God. For you did not receive a spirit of slavery to fall back into fear. But you received a spirit of adoption by which we cry, “Abba, Father!” The Spirit itself bears witness with our spirit that we are children of God.*

Meditation: And greater works than these shall you do. Each of us has the ability to do good works through the power of God’s Spirit. This is one of the wonders of the world, the miracle of the earth, that God’s power goes out to bless the human race through the all who are actuated by Divine Grace. We need not be held back by doubt, despondency or fear. A wonderful future lies before any person who depends on God’s gracious power to carry on the mission of Jesus.

Prayer for the Day: *Loving God, you said in your Word that those who are led by the Spirit of God are your own children. Help me recognize where I let the things ‘of the flesh’ distract me from you and I ask to be aware and focused on things ‘of the Spirit’ that I might tend to your promptings. Holy Spirit, come to the aid of my weakness and intercede for me that I may be more attuned to your Holy and abiding presence. I long to call you “Abba!” Help me be open so that I can truly live as your beloved child. Amen.*

Day Three

Needing the Spirit “Peace” Galatians 5:22-25: *But the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control: against such things there is no law. Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also follow the Spirit.*

Meditation: This is the time for my spirit to touch the indwelling Spirit of God. I know that the feeling of the Spirit –touch is more important than all the sensations of material things. I must seek a silence in which my spirit can receive and become aware of the touch of the Spirit of God. Your very breath gives life to me. May I be well, whole, calm, and able to rise and to minister to others. God’s breath and touch is a potent healer. May I feel that touch and sense God’s presence in every breath I take.

Prayer of the Day: *Blessed Jesus, please give to me stillness of soul and let your mighty calmness reign in me. Direct me Lord of gentleness, Lord of peace. May I have the power of self-control over my words, thoughts and actions through your strength in me. From all irritability, want of meekness, want of kindness; deliver me, dear Comforter. Amen.*

Day Four

Desiring the Spirit “Belief” Luke 11:9-13: *And I tell you, ask and you will receive: seek and you will find; knock and the door will be opened to you. For anyone who asks, receives; and the one who seeks, finds, and to the one who knocks, the door will be opened. What father among you would hand his son a snake when he asks for a fish? Or hand him a scorpion when he asks for an egg? If you then who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the Holy Spirit to those who ask him.*

Meditation: God is all around us. God’s Spirit pervades the universe and yet we do not recognize or let this amazing Spirit in. We try to get along without the Spirit’s help and we make somewhat of a mess of our lives. We can do nothing of any value without God’s help. Our human relationships depend on God. When we let God’s Spirit direct our lives, we learn how to get along with and support all those with whom we live and work.

Prayer for the Day: *Gracious Father, Jesus, your beloved Son, showed me your compassionate and extravagant love by his life, death and resurrection. By His Life I have been saved. May the Indwelling Holy Spirit, the same Spirit that animated your Son’s life, strengthen my belief that I may glorify Him in all I say and do. Amen.*



Day Five

Desiring the Spirit “Thirst” John 7: 37-39: *On the last and greatest day of the feast, Jesus stood up and exclaimed, “Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: Rivers of living water will flow from within him.” He said this in reference to the Spirit that those who came to believe in him were to receive. There was of course no Spirit yet, because Jesus had not yet been glorified.*



Meditation: We need to be constantly recharged by the power of the Spirit of God. Commune with God in quiet times until the life from God, the Divine life, by that very contact, flows into your being and revives your fainting spirit. When weary, take time out and rest. Rest and gain power and strength from God and then you will be ready to meet whatever opportunities come your way. Rest, allowing every care and worry and fear to be enveloped by grace, then the tide of peace (shalom) and serenity, love and joy will flow into your consciousness even in the midst of suffering. (2 Cor. 1:3-7)

Prayer of the Day: *Gracious God, allow my thirst to be satisfied. May your Spirit direct my heart to be awakened. Allow me to seek you in all things and bring forth your kingdom* on earth. I ask this through Christ our Lord. Amen.*

**The full diversity and relationship of all of God’s children*

Day Six

Desiring the Spirit “Trust” Luke 1: 35-38: *The Holy Spirit will come upon you and the power of the Most High will overshadow you; hence the Holy Offspring to be born will be called Son of God. Know that Elizabeth your kinswoman has conceived a son in her old age, she who was thought to be sterile is now in her sixth month for nothing is impossible with God. Mary said, “I am the servant of the Lord. Let it be done to me as you say.”*

Meditation: Once I am “born of the Spirit” the Spirit is my life’s breath. Within me is the Life of life. It is the same Life that throughout the ages has helped God’s children through peril, adversity, and sorrow. I must try never to doubt or worry, but follow where the Life of the Spirit leads. How often am I unaware of how God goes before me to prepare the way, to soften the heart, or to overrule resentment? As the life of the Spirit grows, natural desires are placed within a new horizon –to be governed by the will of God.

Prayer for the Day: *Lord, help me open my heart to Your will and fully trust in You. With You all things are possible and with a willing spirit and a humble heart, grant that I may serve you and witness to your word as a missionary disciple through Christ our Lord. Amen*

Day Seven

Receiving the Spirit “Repentance” Acts 2:38: *Repent and be baptized every one of you, in the name of Jesus Christ for the forgiveness of your sins: and you will receive the gift of the **Holy Spirit**.*

Meditation: Seek conscious contact with God more and more each day. Become aware of God’s abiding Presence during the day. Be conscious of His Spirit helping you. All that is done without God’s Spirit is passing. All that is done with God’s Spirit is life eternal. It is the flow of life eternal through the mind, body and spirit that cleanses hearts, restores and renews. Come to know God’s eternal life in you and renewing you.

Prayer of the Day: *Lord, you said in Your own words that I am to repent; turn from sin and turn to You. Then I will abide in the gift of the Holy Spirit. Lord, cleanse me from all ungodliness and unrighteousness so that I may walk in the newness of life according to the Spirit of holiness. Thank you for your forgiveness and for hearing this prayer, for I pray in the Holy name of Jesus Christ. Amen.*

Day Eight

Receiving the Spirit “Submission” Hebrews 12:9: *If we respected our earthly fathers who corrected us, should we not all the more submit to the Father of spirits and live? Romans 5:3-5: More than that, we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character and character produces hope, and hope does not disappoint us, because God’s love has been poured into our hearts through the **Holy Spirit** who has been given to us.*

Meditation: I believe that complete surrender of my life to God is the foundation to serenity. God has prepared for us many mansions. I do not look upon that promise as referring only to the afterlife. I do not look upon this life as something to be struggled through in order to get the rewards of the next life. I believe that the kingdom of God has begun within us and we can enjoy eternal life here and now.

Prayer for the Day: *I come before you, Lord, for I believe in my heart that you raised Jesus from the dead and I confess with my mouth that Jesus is Lord of my life . You promised that as many as receive You, You give them the power to become children of God, who are born of God. In surrender to you, I receive You as Lord, and I pray to be filled continually with Your Holy Spirit, through Jesus Christ the Lord. Amen.*

Day Nine

Receiving the Spirit “Liberating the Spirit” 1 Corinthians 12:4-11: *There are different gifts but the same **Spirit**; there are different ministries but the same Lord; there are different works but the same God who accomplishes all of them in everyone. To each person the manifestation of*

the Spirit is given for the common good. To one the Spirit gives wisdom in discourse, to another the power to express knowledge. Through the Spirit one receives faith; by the same Spirit another is given the gift of healing, and still another miraculous powers; prophecy is given to one; to another the power to distinguish one spirit from another; another receives the gift of tongues; another the interpreting of tongues. But it is one in the same Spirit who produces these gifts, distributing them to each as he wills.

Meditation: Gently breathe in God's Spirit, that Spirit which if not barred out by selfishness, will enable you to do good works. This means rather, that God will be able to do good works through you. You can become a channel for God's Spirit to flow through you and into the lives of others. The works that you do will only be limited by your spiritual development and commitment. Let your spirit be in harmony with God's Spirit and there is no limit to what you can do in the realm of human relationships and with all of God's creation.



Prayer for the Day: *Accomplish your work in me O God, that the many gifts you have given me through the Holy Spirit may lift up the people around me, help me be a caring steward of all of your creation and bring glory to you. Let your Spirit be free in me to fully serve you with all my heart and unite me to work with others in unselfish love. Grant this through Christ our Lord. Amen.*

Created by S. Marcia Krause

Resources: Jane Guenther, St. Louis Catholic Charismatic Renewal

Concluding Prayers to the Holy Spirit

St. Augustine's Prayer to the Holy Spirit

Breathe in me O Holy Spirit, that my thoughts may all be holy. Act in me O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me then, O Holy Spirit, that I always may be holy.

Prayer for the Seven Gifts of the Holy Spirit

Christ Jesus, before ascending into heaven, you promised to send the Holy Spirit to your apostles and disciples. Grant that the same Spirit may perfect in our lives the work of your grace and love.

Grant us the *Spirit of fear of the Lord* that we may be filled with loving reverence toward you; the *Spirit of piety* that we might find peace and fulfillment in the service of God



while serving others; the *Spirit of fortitude* that we may bear our cross with you and, with courage overcome the obstacles that interfere with our salvation; the *Spirit of knowledge* that we may know you and know ourselves and grow in holiness; the *Spirit of understanding* to enlighten our minds with the light of your truth; the *Spirit of counsel* that we may choose the surest way of doing your will, seeking first the kingdom. Grant us the *Spirit of wisdom* that we may aspire to the things that last forever. Teach us to be your faithful disciples and animate us in every way with your Spirit. Amen



A Prayer for Pentecost

from [Joan Chittister](#)

The Holy Spirit embodies the life force of the universe, the power of God, the animating energy present in all things and captured by none. On this great feast of Pentecost, the coming of the Spirit of God, I invite you to pray with me:

May the Gifts of the Holy Spirit bring fire to the earth so that the presence of God may be seen in a new light, in new places, in new ways.

May our own hearts burst into flame so that no obstacle, no matter how great, ever obstructs the message of the God within each of us.

May we come to trust the Word of God in our heart, to speak it with courage, to follow it faithfully and to fan it to flame in others.

May the Jesus who filled women *and men* with his Holy Spirit fill the world and the church with new respect for *both men's and women's* power and presence.

Give me, Great God, a sense of the Breath of Spirit within me as I...

[State the intention in your own life at this time for which you are praying.] Amen.

Malcolm Guite,

I am still learning to be a feather on God's breath.

To float where and when He wills and only at His bidding.

This feather tries too often to have energy of her own, and direct her own path/trajectory.. instead of resting on the loving breath of God and letting it all depend on Him.

To let go and fly on Ruach Yahweh is my deepest joy, and my constant prayer.

Hildegard of Bingen

A feather on the breath of God at play,
 You saw the play of God in all creation.
 You drew eternal light into each day,
 And every living breath was inspiration.
 You made a play with every virtue playing,
 Made music for each sister-soul to sing,
 Listened for what each herb and stone was saying,
 And heard the Word of God in everything.
 Mother from mother earth and Magistra,
 Your song revealed God's hidden gift to us;
 The verdant fire, his holy harbinger
 The greening glory of *viriditas*.
 'Cherish this earth that keeps us all alive'
 Either we hear you, or we don't survive..

Come, Holy Spirit

Help me to replace the busyness of my life with a simpler lifestyle
 so I will focus on "the deeper things" in life and allow time for others.
 Nourish my yearning to understand and to appreciate myself;
 keep me from being too self-oriented and unmindful of other's needs.
 Fill me with trust in your consoling presence.
 Calm me when I am anxious and troubled about many things.
 Help me to have the courage to empty myself of everything
 that does not contribute to the transformation of the world.
 Continue to create a deep hunger for you within me.
 Feed me with "the finest wheat" of your joy, peace, and love.
 Often replenish my weary spirit with an enthusiasm and energy
 that comes from surrendering my life to you.
 Be my wisdom as I search for meaning in a world
 fraught with pain, suffering, hostility, and division.
 Keep me hungry for you, Source of Life,
 so that I will always ache and yearn a bit for you.—Joyce Rupp



Music for Daily Prayer during Holy Spirit Retreat/Novena



Sacred Silence <https://youtu.be/LNZ62clakqQ> Reflective opening song for each day

Come Holy Spirit https://youtu.be/K_WOFgap0oM

Holy Spirit Come to Us (Taize) <https://youtu.be/zasyz-tJkOg>

Come and Dwell Holy Spirit <https://youtu.be/UlvQdXKepyw> (instrumental with scripture)

Holy Spirit We Need You <https://youtu.be/B79KNfk5Dgc> (instrumental 3 hours)

Pentecost Meditation: Connecting with the Holy Spirit within you-10 Min Guided Christian Meditation https://youtu.be/zlEsW_ILUHM

Liturgical Meditation on Pentecost <https://youtu.be/F5w3upHui48>

Send Us Your Spirit By David Haas <https://youtu.be/bOWRxnz97ms>

Send Us Your Spirit Dan Schutte <https://youtu.be/iTetmtSkD78>

Spirit and Grace by Ricky Manalo, CSP <https://youtu.be/2wcbANPsU0E>

Envía Tu Espíritu · Bob Hurd <https://youtu.be/toqqvSJGFMY>

Come Holy Spirit · John Michael Talbot <https://youtu.be/RSCgUqYSSLU>

By the Waking of Our Hearts · Ricky Manalo CSP <https://youtu.be/6ilHQTEETiY>

Send out Your Spirit · Jo Routh · Kevin Walsh · Bernadette Farrell <https://youtu.be/KVPLcdSyQ-0>

