

## Novena to the Holy Spirit

Friday after Ascension Thursday -- Saturday, the Vigil of Pentecost

This is the prototype of all novenas. It commemorates the nine days between the Ascension of Our Lord and the descent of the Holy Spirit on the first Pentecost Sunday. During this time Our Lady and the twelve Apostles prayed in the upper room for the coming of the Paraclete.

Begin by saying the following prayer...

O Holy Spirit, Divine Consoler!  
I adore you as my True God.  
I bless You by uniting myself to the praises  
You receive from the angel and saints.  
I offer You my whole heart,  
and I render You heartfelt thanks  
for all the benefits You have bestowed  
and do unceasingly bestow upon the world.  
You are the author of all supernatural gifts  
and who did enrich with immense favors the soul  
of the Blessed Virgin Mary,  
the Mother of God,  
I beseech you to visit me by Your grace and Your love,  
and grant me the favor  
I so earnestly seek in this novena...

State your request here...

O Holy Spirit,  
spirit of truth,  
come into our hearts:  
shed the brightness of your light on all nations,  
that they may be of one faith and pleasing to You.

Amen.

Come, O Holy Spirit,  
fill the hearts of your faithful,  
and kindle in them the fire of Your love.

Recite the prayer of the appropriate day...

### DAY ONE

O Holy Spirit,  
bestow upon us Your seven holy gifts.  
Enlighten our understanding that we may know You.  
Give us wisdom that Your will may be clear to us  
and that we may accept it.  
Grant us the gift of counsel  
that we may always perceive what is right.  
Fortify us that we may always be capable  
of fulfilling Your Divine Will.  
Inspire us with the spirit of learning  
that we may be able to penetrate more deeply  
into the truths that You have revealed.  
Let our hearts be steeped in the spirit of childlikeness  
that we may bring You joy.  
Let us have proper fear of God  
that we may never grieve You  
or wander from the path of goodness.  
Give us the fulness of Your gifts  
that we may glorify You.

Amen.

Look with compassion upon us,  
O Holy Spirit, and grant us the favor we seek in this novena...

State your request here...

if it be in accordance with Your Holy Will.

## **DAY TWO**

O Holy Spirit,  
make me faithful in every thought,  
and grant that I may always listen to your voice,  
and watch for Your light,  
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,  
looking at His Five Wounds,  
trusting in His Precious Blood,  
adoring His opened side and stricken heart,  
I implore You adorable Spirit,  
helper of my infirmity,  
to keep me in Your grace,  
now and always,  
and grant us the favor we ask in this novena..  
. State your request here...

Amen.

Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.

## **DAY THREE**

Heavenly Father,  
You have called me to be a member  
of the mystical body of Your Son, Jesus Christ,  
and to be a temple of the Holy Spirit.  
I ask You to give me these gifts of the Holy Spirit:  
wisdom, that I may understand the follies of this world;  
understanding, that I may grasp more fully  
the meaning of my existence

and the purpose of all things in the world;  
counsel, that I may always choose the proper way;  
fortitude, that I may remain faithful to You  
under the pressure of temptation.;  
piety, that I may revere You in all I do, think or say;  
fear of the Lord, that should the motive of love fail me,  
I may quickly be awakened to the eternal consequences of my deeds.  
Visit me by Your grace  
and Your love  
and grant me the favor I so earnestly seek in this novena...

State your request here...

Amen.

Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.

## **DAY FOUR**

O God, Who today by the light of the Holy Spirit  
did instruct the hearts of the faithful,  
give us, by the light of the same Holy Spirit,  
a love for what is right and just  
and a constant enjoyment of His comforts.  
Pray Holy Spirit,  
that I may strive to learn more of my faith;  
that I may ever be conscious that reason in all  
its human magnificence is capable of grasping  
but a glimpse of the reality that is God.  
Pray that I may accept as the motto of my life:  
"All for the greater glory of God"  
and grant me the favor I so earnestly seek in this novena...

State your request here...

Amen.

Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.

#### DAY FIVE

Come, O Spirit of sanctity,  
from the glory of heaven  
and send forth the radiance of Your light.  
Father of all the poor,  
light and peace of all hearts,  
come with Your countless gifts.  
Consoler in desolation;  
refreshment full of loveliness,  
come dear friend of my soul.  
In weariness send repose;  
breath gently cool refreshing breeze;  
console the desolate who weep alone.  
Light of Beatitude,  
make our hearts ready;  
come enter our souls.  
Without Your grace,  
man stands alone;  
he cannot be good or sure.  
Cleanse what is soiled;  
heal what is wounded;  
moisten what is arid.  
Bend the stubborn will;  
warm the cold heart;  
guide the wandering footstep.  
O Holy Spirit,  
we beg You to give us grace  
through Your sevenfold power  
and grant me the favor  
I so earnestly seek in this novena...

State your request here...

Give us merit for the present,  
and one day beatitude  
when we have finished our earthly journey.

Amen.

Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.

#### DAY SIX

O Father in Heaven,  
I beg You to send the Holy Spirit.  
May Your Holy Spirit remind me  
when I am apt to forget Your law.  
Your love, Your promises.  
May Your Holy Spirit strengthen my memory  
to recall frequently Your sanctity,  
omniscience, wisdom, and goodness,  
faithfulness, and love.  
May Your Holy Spirit encourage me when I am slothful;  
strengthen me when I am weak;  
enlighten me when I no longer can help myself.  
Breathe into me, O Holy Spirit,  
that I may do what is holy.  
Stir me, that I may love what is holy.  
Strengthen me, that I may preserve what is holy.  
Protect me, Holy Spirit,  
that I may never lose what is holy  
and grant me the favor I so earnestly seek in this novena...

State your request here... Amen.

Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.

**DAY SEVEN**

Come, Holy Spirit,  
creator of all things:  
come visit our hearts with Your power.  
Fill with grace, friendly guest,  
the hearts which You have created.  
You are called the Consoler,  
gift from the hand of God,  
source of life, light, love,  
and flame, highest good.  
You are the pledge of sevenfold grace,  
finger of the Father's hand,  
promised us by Him,  
and You make our tongues speak the truth.  
Cast light on our senses,  
pour love into our hearts.  
Grant our weak bodies strength  
that they may never grow weary of doing good  
and grant me the favor I so earnestly seek in this novena...

State your request here...

Keep the enemy far from us,  
give us peace always,  
let us willingly follow in Your footsteps  
that we may be far removed from sin.  
Grant that through You  
we may grow in knowledge of the Father and of the Son,  
and that we may ever strongly believe in You,  
the Spirit of both.  
Praise and honor be forever to the Father on the highest throne,  
in the risen Son of God,  
in the Consoler.  
Amen.

Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.

**DAY EIGHT**

O Holy Spirit,  
life and light of the Church,  
give us thoughts higher than our own thoughts,  
and prayers better than our own prayers,  
and powers beyond our own powers,  
that we may love and live,  
imitating Jesus Christ,  
our Lord and Savior.  
Come to us, Holy Spirit,  
come with the Father  
and the Son  
and grant me the favor I so earnestly request in this novena...

State your request here...

Vouchsafe to dwell within our souls  
and quickly make our hearts Your own.  
Quench in us the fires of hate and strife,  
the wasting fever of the heart.  
From perils guard our feeble life  
and to our souls Your peace impart.  
Let voice and mind and heart  
and strength confess  
and glorify Your name  
and let the fire of charity burn bright  
and other hearts inflame.

Amen.

**Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.**

**DAY NINE**

**O Lord, Holy Spirit,  
grant me sight to see the wondrous promise of divine love;  
insight to see my own weakness;  
delight in Your divine presence in my soul  
which You have made Your temple through sanctifying grace.  
I pray, O Holy Spirit,  
that I may be not doubting;  
that I be spared the pain of being alone  
without trust or hope in Christ;  
that my prayer may always be "My Lord and my God!"  
I pray that I may acquire a sense of retreat  
to prayer and recollection at various times in my daily life;  
for prayer is the bond that joins us to Christ.  
I pray that I may be aware of the physical needs of the poor  
and that I may share what I can with them  
in the charitable works of the Church.  
I pray, O Holy Spirit,  
that You will in Your mercy  
grant me the favor I have sought in this novena...**

**State your request here...**

**Amen.**

**Come, O Holy Spirit,  
fill the hearts of Your faithful,  
and kindle in them the fire of Your love.**