



Novena to The Holy Spirit

In 1897, Pope Leo XIII introduced a Novena to the Holy Spirit. This booklet represents an initiative taken by the Wellington Archdiocese Catholic Charismatic Renewal to renew that Novena so that, in our day also, Christians everywhere may continue to be open to the grace and work of the Third Person of the Blessed Trinity.

The Novena is designed to be prayed between Ascension Thursday and Pentecost Sunday each year. Each day the Novena commences by praying the five prayers set out followed by the scripture reading, meditation, and response for that day.

It is recommended that the Novena be prayed in conjunction with fasting. It is suggested that this fast take the form of missing a meal (breakfast, lunch or dinner), or limiting that meal to bread and water only.

PRAYERS TO BE PRAYED DAILY DURING THE NOVENA

1. Lord Jesus, before you ascended into heaven, you promised to send the Holy Spirit - the Paraclete - to guide us in all truth, to instruct us in everything, to bear witness to you and to remind us of all that you taught. Fill me today with the Holy Spirit.
The Spirit of Wisdom that I may be free from undue attachment to the perishable things of this world and aspire after the things that are of eternal value
The Spirit of Understanding to enlighten my mind with the light of your truth
The Spirit of Counsel that I may choose the surest way of pleasing God and working out my salvation
The Spirit of Strength that I may continue to die to myself and overcome with courage all the obstacles, trials and doubts that oppose my faith in you
The Spirit of Knowledge that I might know God, know myself and grow perfect in holiness
The Spirit of Fear that I may be filled with a loving respect and reverence for God and endeavour always to please Him in everything.
2. Holy Spirit of God, I bow before you today and offer myself, body and soul, to you. May it be you who inspires my thoughts, my words and my actions. May you who love justice guide me in the paths of truth and justice towards all. Be the strength and light of my soul for in you I live and move and have my being. Keep me faithful to your grace that I may grow in holiness. Give me ears to hear your voice and strength to obey you in all things. Spirit of the living God fall afresh on me; fill me, mould me, make me and use me to the glory of the Father and of the Son, my Lord and Saviour Jesus Christ.
3. The Our Father
4. The Glory be
5. Mary, filled with the Holy Spirit, pray for me.



DAY ONE (FRIDAY)

THE TEACHING OF JOHN THE BAPTIST
Matthew 3:11: "I baptise you in water for the sake of repentance, but the one who will follow me is more powerful than I. I am not even fit to carry his sandals. He it is who will baptise you in the Holy Spirit and fire!"

Meditation:

- † Do I continue to turn away from sin?
- † Have I forgiven, from the heart, all of those who have sinned against me?

Response: Confess and repent of your sins before God. Arrange to go to the Sacrament of Reconciliation. Forgive from the heart, anyone who has hurt you or sinned against you in any way.



DAY TWO (SATURDAY)

THE BAPTISM OF JESUS
Luke 3:22: "When all the people were baptised, and Jesus was at prayer after likewise being baptised, the skies opened and the Holy Spirit descended on him in visible form like a dove. A voice from heaven was heard to say: "You are my beloved Son. On you my favour rests"."

Meditation:

- † In baptism and confirmation we have received and been sealed with the Holy Spirit. We have been re-born and adopted by God as his beloved daughters and sons. But does the fire of His spirit burn in your heart? Is your heart still 'hot' in zeal for the Lord?

Response: Stir up the gift of the Holy Spirit which is within you. Renew in prayer your love for God and allow Him a moment to express to you again His constant fatherly love. Receive that love. Allow it to warm your heart.

DAY THREE (SUNDAY)

JESUS PROMISES YOU THE HOLY SPIRIT
Luke 11:10-13: "For whoever asks, receives; whoever seeks, finds; whoever knocks, is admitted. What father among you will give his son a snake if he asks for a fish or hand him a scorpion if he asks for an egg? If you, with all your sins, know how to give your children good things, how much more will the heavenly Father give the Holy Spirit to those who ask Him."

Meditation:

The scriptures also say you have not because you ask not!

- † Do you regularly ask your loving heavenly Father to give you the Holy Spirit? The Holy Spirit and his many gifts are yours for the asking at any time. (cf. James 4:3)

Response: Today ask the Father to give you the Holy Spirit at the point of your need. Be specific in your request; indeed allow the Holy Spirit to shape your request, e.g. guide me, forgive me, heal me, help me.

**DAY FOUR (MONDAY)**

JESUS TELLS US THAT THE HOLY SPIRIT WILL BE SENT TO US AND WILL REMAIN WITH US ALWAYS

John 14:16 & 26: "I will ask the Father and he will give you another Paraclete - to be with you always . . . the Paraclete, the Holy Spirit whom the Father will send in my name, will instruct you in everything and remind you of all that I told you."

Meditation & Response:

† Today spend some time praising and thanking the Father and the Son for the gift of the Holy Spirit as your life long companion, guide and friend.

**DAY FIVE (TUESDAY)**

JESUS BREATHES THE HOLY SPIRIT ON THE APOSTLES

John 20:21-22 "As the Father sent me, so I send you." Then he breathed on them and said: "Receive the Holy Spirit."

Meditation:

† We also have been sent by the Lord and by the Church. Sent to take the Good News to our families, our friends and to the people of the world. We do so in the strength of the Holy Spirit who, if we are open to Him, will even give us the words to say as we give witness to the hope which is in us.

Response: Today allow the Holy Spirit to inspire you to a word or action which might make Jesus known to someone. Perhaps someone who is sick, in need of an encouraging word, or act of kindness. Perhaps to a family member. Perhaps to a non-believer.

**DAY SIX (WEDNESDAY)**

JESUS TELLS THE DISCIPLES TO WAIT IN JERUSALEM FOR THE BAPTISM WITH THE HOLY SPIRIT

Acts 1:4-5 "He told them not to leave Jerusalem: "Wait, rather, for the fulfilment of my Father's promise of which you heard me speak. John baptised with water but within a few days you will be baptised with the Holy Spirit."

Meditation:

† The promise of the Father is about to be fulfilled. The promise was made through the prophet Joel (400 BC) and renewed through John the Baptist. Then Jesus himself makes the announcement; now is the time!

† And it is *your* time! A time to be filled and baptised with - plunged into - the Holy Spirit. St Paul tells us 'be being filled with the Holy Spirit', i.e. continuously. (*cf. *Ephesians 5:18*)

Response: Open your heart today to a new baptism with the Holy Spirit. Praise God in the spirit and with your mind. Allow Him today to fill you afresh with His Spirit.

**DAY SEVEN (THURSDAY)**

JESUS TELLS US THAT WE WILL RECEIVE POWER FROM THE HOLY SPIRIT TO LIVE A LIFE OF WITNESS

Acts 1:8 "You will receive power when the Holy Spirit comes down on you; then you are to be my witnesses in Jerusalem . . . yes, even to the ends of the earth."

Meditation:

† Power is much sought after in today's world. But it is often the power to dominate others or to generate wealth. The power the Spirit brings is different. It is a boldness to live a holy life, to proclaim Christ in word and action, and to do works of service for others. It is power to liberate, to heal and to forgive.

† The power of the Holy Spirit is the birthright of every Christian!

Response: Make the words of St Paul to Timothy your own: "For God has not given us a spirit of fear; but of power and of love and of a sound mind."* Pray and ask the Lord to fill your life with His power, love and wisdom. (cf. *2nd Timothy 1:7*)

**DAY EIGHT (FRIDAY)**

THE HOLY SPIRIT DESCENDS!

Acts 2:1-4 "When the day of Pentecost came it found them gathered in one place. Suddenly from up in the sky there came a noise like a strong, driving wind, which was heard all through the house where they were seated. Tongues as of fire appeared which parted and came to rest on all of them. All were filled with the Holy Spirit. They began to express themselves in foreign tongues and make bold proclamation as the Spirit prompted them."

Reflection

† The Church was born on the day of Pentecost! With wind and fire all were filled with the Holy Spirit and like an overflow, words in both their own tongue and in unknown tongues burst forth in power and boldness!

Response: Today, pray that the Holy Spirit will renew His wonders in our time and in our community; as for a new Pentecost. May He pour forth, like a strong driving wind, both baptising and filling each of his people with the Holy Spirit!

**DAY NINE (SATURDAY)**

THE PROMISE OF THE SPIRIT IS FOR EVERYONE!

Acts 2:17 "It shall come to pass in the last days, says God, that I will pour out a portion of my Spirit on all people: Your sons and daughters shall prophesy, your young people shall see visions and your old people will dream dreams."

Meditation:

† Unless God pours out a portion of His Spirit and unless his daughters and sons are open to receive it, the Church lacks the power to see our communities transformed by the power of the gospel. Let's not settle for 'business as usual'. Let us rather implore the Lord for a fresh outpouring of His Spirit on His Church and an openness to receive it.

Response: Pray, pray, pray that God will pour out His Holy Spirit on the Church of our day. Pray especially for young people that the Lord will prepare their hearts and give them a hunger for God. Pray that a new generation would be baptised with the Holy Spirit and boldly give witness to Jesus. Likewise that people of all ages will be open to receive His charisms.* (cf. *1st Corinthians 12:4-11*)