

NOVENA TO THE HOLY SPIRIT

It is getting close to the birthday of the Church – Pentecost. And when we think of Pentecost we should think about and perform the Catholic practice of praying a “Novena”. I get a lot of emails about, “do this Novena” and listed is one prayer to be said once. Now, I believe in prayer even “internet prayer”, and most of the time, when I get one of those emails, the “prayer” somehow fits what is happening in my day – the Holy Spirit is always at work. But this is a prayer not a Novena. A Novena is a special **9 days of prayer** in the Catholic Church, Novena meaning nine (we are all about numbers, aren’t we?). But these **9 days** are very important to the believers. The first Novena was accomplished about 2000 years ago. On the day Jesus ascended into heaven, He told the Apostles to go to Jerusalem and wait for what His Father promised, for John Baptized with water but they would be baptized with the Holy Spirit and fire. The Apostles and the Blessed Virgin Mary and some other women spent the next **9 days in prayer** in the upper room. Then on Pentecost, **9 days** after Jesus’ Ascension into heaven, the Holy Spirit came “just as My Father promised”. This is where the Apostles received the gifts of the Holy Spirit.

Historically and scripturally this is the origin of the 9 days of Prayer beginning with the Ascension and ending with Pentecost or the Novena. Attached is the Novena to the Holy Spirit. Now you don’t have to be Catholic to pray a Novena – same Jesus, same Holy Spirit, the same nine days.

Begin the Novena the Friday after Ascension Thursday

NOVENA TO THE HOLY SPIRIT IN PREPARATION FOR THE FEAST OF PENTECOST*

Before Jesus ascended into Heaven, he told his disciples to return to Jerusalem and to wait in prayer for the coming of the Holy Spirit (See 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) This time of prayer is often called the first *Novena*. The word "*novena*" means nine. A *Novena* is a nine-day period of prayer for a particular intention.

NOVENA OUTLINE

† **Opening Prayer:**

Come, Holy Spirit.
Fill the hearts of your faithful.
Enkindle in us the fire of your love.
Send forth your Spirit
and we shall be recreated
and you shall renew the face of the earth.

† Meditate daily on Scripture assigned to each day (see below).

† Pray one decade of the Rosary (10 Hail Mary’s, one Glory be, and one Our Father) asking Mary (intercessory prayer) to help you to become more attentive and responsive to the promptings of the Holy Spirit.

† **Closing Prayer**

Father of Light, from whom every good gift comes,
Send your spirit into our lives
With the power of a mighty wind....

And by the flame of your wisdom,
Open the horizons of our minds.
Loosen our tongues to sing your praise
In words beyond the power of speech,
for without your Spirit we could never
raise our voices in words of peace
or announce the truth that
Jesus is Lord! Amen.

Day One

Luke 1:35 Mary conceives Jesus through the power of the Holy Spirit.

Luke 3:21-22 Jesus is baptized with the Holy Spirit.

"Jesus, baptize me anew with your Holy Spirit."

Day Two

John 7:37-39

John 16:37-39 Jesus promises to send the Holy Spirit.

"Come Holy Spirit, possess my whole being."

Day Three

Acts 2:1-12 The promised Holy Spirit descends upon the disciples.

"Holy Spirit, awaken in me the fire of your love."

Day Four

Acts 3:42-47 Led by the Holy Spirit, the first followers of Christ join together in a Small Christian Community to share life and God's deeds in their midst.

"Holy Spirit, may our Small Christian Community grow in love for you."

Day Five

Acts 10:44-48 The Holy Spirit is poured out on the Gentiles.

"Holy Spirit, help me to be open to your workings in the most surprising places and ways."

Day Six

Acts 13:1-12 Through the power of the Holy Spirit, Paul and Barnabas are discerned to go on their first missionary journey.

"Holy Spirit, help me to hear your voice when you call out to me."

Day Seven

Rom 8:26-27 The Holy Spirit helps us in our prayer.

"Holy Spirit, teach me to pray."

Day Eight

1Cor 3:10-16 The Holy Spirit helps us to understand the deep things of God.

"Holy Spirit, show me God's path for my life."

Day Nine

Galatians 5:16-26

Paul names some of the fruits of the Holy Spirit. We are holy and Spirit-filled to the extent that the fruits of the Holy Spirit are operative in our lives.

"Holy Spirit, help me to grow in love, peace, joy."