



**NOVENA  
TO THE  
HOLY SPIRIT**





### Act of Humility

O God, Who resists the proud and bestowed Thy grace on the humble, grant us the virtue of true humility of which Your only begotten Son showed to the faithful an example of Himself; that we may never provoke Thee to anger by our pride, but rather receive through humility the gift of Your grace. Through the same Jesus Christ our Lord. Amen.

### Prayer to the Holy Spirit

**Priest:** Come, O Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love.

**Priest:** Send forth Thy Spirit, and they shall be created.

**All:** And Thou shalt renew the face of the earth.

### **PRIEST -**

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 favour I have sought in this novena. Amen.

### Act of Consecration

Divine Spirit of light and love, I consecrate my mind and heart and will to You for time and for eternity. May my mind be open to Your divine inspirations and to the teachings of the Church, whose infallible guide You are. May my heart be filled with love of God and of my neighbour and my will conformed to the will of God. May my whole life be a faithful imitation of the life and virtues of Christ our Lord to Whom, with the Father and You, be honour and glory forever. Amen

## **Novena to the Holy Spirit**

*Friday after Ascension Thursday through to 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.

### **PRIEST—TO BEGIN NOVENA** -(*To be recited on the 1st day only*)

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 angels 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 favours 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 favour I so earnestly seek in this novena.... O Holy Spirit, spirit of truth, come into our hearts: shed the brightness of your light on all nations, that they may be one faith and pleasing to You. Amen.

## FRIDAY -DAY ONE

**All Pray**

### Act of Contrition

“O God be merciful to me a sinner.” I am sincerely sorry for all the sins, faults, infidelities, and omissions of my life because they have offended thee, my only Benefactor and sovereign Good. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

### Act of Humility

O God, Who resists the proud and bestowed Thy grace on the humble, grant us the virtue of true humility of which Your only begotten Son showed to the faithful an example of Himself; that we may never provoke Thee to anger by our pride, but rather receive through humility the gift of Your grace. Through the same Jesus Christ our Lord. Amen.

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## FRIDAY—DAY ONE

**PRIEST**

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 fullness of Your gifts that we may glorify You. Amen.

## Prayer to the Holy Spirit

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**Priest:** Send forth Thy Spirit, and they shall be created.

**All:** And Thou shalt renew the face of the earth.

**PRIEST -**

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 Saviour. Come to us, Holy Spirit, come with the Father and the Son and grant me the favour I so earnestly request in this novena.... 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 Amen.

### Act of Consecration

Divine Spirit of light and love, I consecrate my mind and heart and will to You for time and for eternity. May my mind be open to Your divine inspirations and to the teachings of the Church, whose infallible guide You are. May my heart be filled with love of God and of my neighbour and my will conformed to the will of God. May my whole life be a faithful imitation of the life and virtues of Christ our Lord to Whom, with the Father and You, be honour and glory forever. Amen

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## SATURDAY-DAY NINE

**All Pray**

### Act of Contrition

“O God be merciful to me a sinner.” I am sincerely sorry for all the sins, faults, infidelities, and omissions of my life because they have offended thee, my only Benefactor and sovereign Good. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

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 favour I so earnestly seek in this novena.... 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 honour be forever to the Father on the highest throne, in the risen Son of God, in the Consoler. Amen.

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## FRIDAY-DAY EIGHT

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#### Act of Humility

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## SATURDAY-DAY TWO

### All Pray

#### Act of Contrition

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#### Prayer to the Holy Spirit

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**All:** And Thou shalt renew the face of the earth.

#### **PRIEST -**

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 favour we ask in this novena. Amen.

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### SUNDAY-DAY THREE

**All Pray**

#### Act of Contrition

“O God be merciful to me a sinner.” I am sincerely sorry for all the sins, faults, infidelities, and omissions of my life because they have offended thee, my only Benefactor and sovereign Good. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

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### THURSDAY-DAY SEVEN

**All Pray**

#### Act of Contrition

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#### Act of Humility

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**Priest:** Send forth Thy Spirit, and they shall be created.

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**PRIEST -**

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

## WEDNESDAY-DAY SIX

All Pray

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### Act of Humility

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**PRIEST -**

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 favour I so earnestly seek in this novena. Amen.

**PRIEST-**

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 favour I so earnestly seek in this novena. Amen.

### Act of Consecration

Divine Spirit of light and love, I consecrate my mind and heart and will to You for time and for eternity. May my mind be open to Your divine inspirations and to the teachings of the Church, whose infallible guide You are. May my heart be filled with love of God and of my neighbour and my will conformed to the will of God. May my whole life be a faithful imitation of the life and virtues of Christ our Lord to Whom, with the Father and You, be honour and glory forever. Amen

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## MONDAY-DAY FOUR

All Pray

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“O God be merciful to me a sinner.” I am sincerely sorry for all the sins, faults, infidelities, and omissions of my life because they have offended thee, my only Benefactor and sovereign Good. I firmly resolve by the grace of the Holy Spirit to sin no more. Amen.

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**PRIEST ~**

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 favour I so earnestly seek in this novena. Amen.

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### TUESDAY-DAY FIVE

All Pray

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O God, Who resist the proud and bestowed Thy grace on the humble, grant us the virtue of true humility of which Your only

begotten Son showed to the faithful an example of Himself; that we may never provoke Thee to anger by our pride, but rather receive through humility the gift of Your grace. Through the same Jesus Christ our Lord. Amen.

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**PRIEST ~**

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. O 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 favour I so earnestly seek in this novena.... Give us merit for the present, and one day beatitude when we have finished our earthly journey. Amen.

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