



# NOVENA TO THE HOLY SPIRIT IN PREPARATION FOR PENTECOST - Fri 26<sup>th</sup> May- Sat 3<sup>rd</sup> June

**“The Father will surely give the Holy Spirit to those who ask”.**

Heavenly Father, I know that the coming of Your Spirit is the final act in the drama of my salvation and redemption. Once the Spirit has come, I will be FULLY RESTORED to my original innocence. Father, I declare MY complete openness and willingness to accept the Spirit completely into my life. I now ask you, in Jesus’ name, to pour out Your Spirit upon me, so that the work of Jesus may be completed on earth, and I may be brought to the fullness of grace.

Jesus, you never renege on your promises. You convinced Your apostles to let you go, because You were going to send them the Spirit, and that would mean more to them than if You Yourself remained. Jesus, I believe you; that is why I open my heart and soul, with a great longing and willingness to be filled with Your Spirit.

Come, Holy Spirit. I invite you to come and make Your home in my heart. Transform my heart into a Prayer Room, an Upper Room, a Pentecost place, a place of the Spirit. I need you to inspire, guide, teach, accompany, and remind me. I need you in all my decisions, and in all my actions. I pray to you, again and again Come Holy Spirit, Come Holy Spirit.

Mary, my Mother, I ask you to take up residence in my heart and to pray this Novena with me. Please be with me exactly as you were with the apostles. I NEED you to prepare my heart for this wonderful event, and I need your guidance and direction in helping me be ready to receive the Spirit with a generous and sincere heart.

## Day 1

### Friday after Ascension

**“And the Spirit of God was hovering over the surface of the earth, bringing order out of chaos”.**

Spirit and Breath of God, I open out my heart to you. You see and know everything within me. You see the chaos, and the lack of order. Just as the Father created me, so can You recreate me. You can bring order out of the chaos of my life. You can fill my sails, and guide me to safer waters. You can be the wind beneath my wings, Who will give me lift-off out of the quick-sand of my selfishness, my fears, and everything that burdens me. I ask You PLEASE to hover over my spirit, and to descend like the morning dew upon the barren desert of my heart. Please enter into the very depth of my chaos, and create new and life-giving order within me.

Heavenly Father, please continue Your creation in me by pouring out Your Spirit into my heart and soul. Separate from within me whatever is not of You, and please remove it, so that I may be restored to the ‘good’ that You created.

Lord Jesus, I NEED Your Spirit, if I am to be able to live Your word, and keep Your commands. I pray that Your Spirit might enter deep within my soul, so that Your graces and blessings may freely enter there. May Your Spirit melt the hardness of my heart, so that I may become meek and humble of heart, just as You invite us to be.

Mary, my Mother, please continue to obtain and supervise the miracle of Incarnation within me. Pray with me, pray in me, pray for me. Obtain for me the grace I need to fully avail of the wonderful Gift that is being offered to me at this time.

## Day 2

### Saturday after Ascension

**“And God formed a man’s body from the dust of the earth, and breathed into it the Breath of Life. And the man became a living person.”**

Spirit and Breath of God, it is YOU Who give life to the clay of my nature. Please continue to transform that clay until it is made in the image and likeness of God. Implant in it the seeds (Gifts) that You give, so that I might be able to produce and display the Fruits in my life. Bring that life to completeness within me; an eternal life; a life that will never end.

Heavenly Father, please breathe Your Spirit once again into the clay of my humanity, so that I may be recreated and renewed. You who created can easily recreate. Your creation is on-going, until we come to the fullness of life that You have in mind for us. All life comes from You, and it is redeemed by Jesus, and made holy by the Spirit. With all my heart, I say that I WANT to be ALL that You created me to become.

Lord Jesus, breathe Your Spirit into me, just as You breathed Your Spirit upon the apostles. You came that we should have life, and have it to the full. I ask for the fullness of life, and I offer you my heart and soul as places that hunger for this abundant life. You make all things NEW. I pray that this Pentecost may be a whole new beginning with You, and that Your Spirit may complete Your work in me.

Mary, my Mother, thank you for being by my side during this Novena. You know that I want this to be a time of change, of conversion, and of special blessing. I ask you, please, to ensure that I continue to provide the conditions which enable and facilitate the work of the Spirit.

## Day 3

### Sunday after Ascension

**“The Holy Spirit will come upon you, and the power of the Most High will overshadow you”.**

Holy Spirit, Breath of God, I open out my heart, as Mary did, and I ask that you might take over within my heart, and effect there all those things that, of myself, I could never do. No matter what my walk in life entails, the promise of Your presence is still guaranteed. I say my ‘YES’ with complete and total dependence on the promise that You will be with me, and the power of God will overshadow me.

Heavenly Father, You would never ask a human being (even Mary) to do something that only God could do. That is why You were able to reassure her, and to put her mind at rest. Your Spirit was there at the beginning of Creation, and when You first created Adam. So Your Spirit would continue to be active in all the great births that You would effect among Your people. Please pour out Your Spirit upon me now, that I also may go forward in confidence and hope.

Lord Jesus, you took on our human nature through the co-operation of Mary with the Holy Spirit. Throughout your life, you made many references to the Spirit, and, when Your part of the work was completed, you entrusted it to the Spirit to carry it to fulfilment. PLEASE give me the grace to live and to walk in the power of Your Spirit.

Mary my Mother, I trust you to TEACH me the great secret of trusting the guidance, the accompaniment, and the power of the Spirit. Please share your faith with me, so that I, too, may say my ‘YES’, so that the Word may become flesh in me.

## Day 4

### Monday after Ascension

**“And the Holy Spirit descended upon Him in the form of a dove”.**

Holy Spirit and Breath of God, I cannot but marvel at the extraordinary ways of God. After thirty years of preparation, You come upon Jesus, and anointed Him. He is NOW prepared to go forth on His mission. Even though He had laid aside His Divinity, and assumed our humanity, with all its limitations, You came upon Him as ‘the power of the Most High’. I ask you, please, to come down upon me in my weakness and powerlessness. Without You, I have no mission; but, with You, I can go forth to witness, even in silence, to any person, in any place.

Heavenly Father, you identified Yourself directly with the Spirit at the Baptism of Jesus, when Your voice was heard to commend Him as Your Beloved, and as One who ought to be listened to. Please CONFIRM me as your child, as You envelop me more and more into the life of the Trinity.

Lord Jesus, thank You for the clear and definite example of your life. You came ‘to do and to teach’. You DID first, and then You TAUGHT. As I watch You waiting all that time, not daring to go forth on Your mission, until the Spirit had anointed You, I shudder to think that I might venture forth on my own. May I stand beside You in the Jordan today; be baptised with you; be anointed by the Spirit; and hear the Father’s words of affirmation.

Mary my Mother, from your own experience, you must have known that the Spirit would also come upon Jesus, before He was ready to live out His ‘YES’. I trust you to teach me this simple but vital lesson, and to help me to respond with open mind and heart.

## Day 5

### Tuesday after Ascension

**“Then Jesus was led by the**

**Spirit out into the wilderness where He would be tempted by the devil”**

Holy Spirit, Breath and Power of God, I trust you to lead me along the path of life. There are so many pitfalls and dangers, and, without your guidance, I am in very unsafe territory. I know and I believe that You are greater than any other spirit I may meet on the road of life, and in this is my hope. By myself, I am like a boat without sails, engine, or rudder out in the midst of a stormy sea. In You is my trust.

Heavenly Father, I would have every reason indeed to be overwhelmed with fear, if I were on my own in this vast world. However, I know that You would never allow that happen to one of Your children. I continue to open my heart, asking You to continue to pour Your Spirit into me. Especially do I ask for all these graces so that I may be able to give witness to You, and give hope to others.

Lord Jesus, I thank You for being so down-to-earth. You allowed Yourself to be led into the desert, and you went there, very conscious of the Power that had come upon You in the Jordan at Your Baptism. Again and again You stepped out in faith, even when it came to returning to Jerusalem, knowing that this would end in Calvary. I pray that Your Spirit may give me the courage and generosity to align myself with Your actions, and to act on Your promises.

Mary my Mother, please help me to learn how to be led by the Spirit. Give me a listening heart, and a generous heart. I ask you, as Caretaker of my heart, to continue preparing my heart for the outpouring of Pentecost. To know that you are right here beside me makes all the difference to me, because I have no reason to trust myself regarding something so precious.

## Day 6

### Wednesday after Ascension

**“Then Jesus returned to Nazareth, filled with the Holy Spirit’s power”.**

Spirit and Breath of God, I ask You, please, to fill me with Your power, so that it may accompany me in all that I do, and in all that I say. Your power within is what enables me to do things, and to go places that would be completely beyond me of myself. With Your power, I can walk the Christian Way; I can be protected from all evil powers; and I can live life to the fullest. I want to live my life with Your power within my heart, so that I can bear witness to Your presence within in all that I do or say.

Heavenly Father, You created me with all my human weaknesses and limitations. You allow these to be, so that Your Spirit can effect the conversion of heart, and the transformation of my spirit, that will enable me live with, and experience a power that is so much greater than all my weaknesses. The power of Your Spirit is seen best in my powerlessness. Your Spirit bears witness to Your on-going love for me, and the on-going care that You provide to guide a weak human being along the road of righteousness and truth.

Lord Jesus, You were always conscious of the Spirit within You. This emboldened You to step out with faith and courage, and, eventually, to face the ‘final enemy’ on Calvary. I ask You, please, to empower me with Your Spirit, so that I can follow You faithfully, and give witness to You through the living of my Christian vocation.

Mary my Mother, please continue to pray with me, and for me, during this Novena. You personally witnessed the power of the Spirit working in, and through Jesus. Please continue to prepare my heart for the outpouring of that Spirit at Pentecost.

## Day 7

### Thursday after Ascension

**“I will ask the Father, and He will give you another Comforter, who will never leave you”.**

Holy Spirit and Breath of God, I open my heart to You, as the Gift that Jesus promises. I know I do not deserve such a Gift, but I also know that if Jesus asks the Father, then, of course, You will certainly come and make Your home in me. I welcome You as a Comforter, and I greatly rejoice in knowing that You will never leave me. Here I am, Lord. Please come, so that the promise of Jesus will be fulfilled in my soul.

Heavenly Father, Jesus said that You would surely send the Spirit to those who ask You. This is what encourages me to claim this promise, and to trust this word. Please breathe the Comforter into my heart and soul, so that I will be directly connected with the life of the Trinity throughout my own life. I praise and glorify Your name that I can come into Your presence, without fear or formality, and ask You, please, in Jesus’ name, to pour out Your Spirit upon me.

Lord Jesus, thank You for Your thoughtfulness in promising to obtain the Spirit for me, so that all of Your work of Redemption for me will not go amiss. I believe Your promise, Lord Jesus, and I now claim the fullness of that promise, so that Your plans for my Salvation will be brought to completion.

Mary my Mother, thank you for accompanying me these days. Your presence means so much to me, because I would have every reason to be afraid if I had to prepare my heart on my own. Your work within me now far exceeds any preparations I made for First Communion or Confirmation. You are my Teacher, and you are the very best of teachers. Thank you.

## Day 8

### 2nd Friday after Ascension

**“He is the Holy Spirit who will lead you into all truth”.**

Holy Spirit and Breath of God, I rejoice in Your title as ‘Spirit of Truth’. You are the perfect antidote for the lie of original sin. Only the Truth will set me free, and You come to enable me walk and live in the Truth. O Spirit of Truth, I ask You, please, to flood my soul with Truth, so that all lies, deceits, and wrong perceptions may be washed away. Please free me from all wilful blindness, bigotry, and deception, so that I may walk the path of Truth in all that I do, and in all that I say.

Heavenly Father, I thank You for Your wonderful plan of salvation, brought about by Jesus, and completed by the Holy Spirit. Your Spirit is sent to lead us out of all kinds of slavery to pride, presumption, and denial. It is Your Spirit Who leads us back to the Garden, to reclaim the life of Truth and integrity that You created there. I accept the Gift of Your Spirit, because I need to hear the voice of Truth in the midst of all the other voices that surround me today.

Lord Jesus, I thank You for the completeness of Your Redemption that is offered me through the Gift of Your Spirit. If the Spirit of Truth were not given to lead me, then I could so easily fall back into deceit and lies. I trust Your Spirit to lead me into all truth. When that happens, I will see You as You are, and myself as I am. That will surely open my heart to the fullness of Your abundant life. I ask You, please, Lord Jesus, to ensure that your plans for me are brought to fulfilment.

Mary, my Mother, please pray that I receive the gift of Humility. This is Truth in practice, and it is something that was very central to your life. I entrust this special prayer to you. Thank you

## Day 9

### Saturday, Eve of Pentecost

**“From now on the Helper, the Holy Spirit, whom the Father will send in my name, will teach you all things, and remind you of all that I have told you.”**

Holy Spirit and Breath of God, I welcome You as my Helper. I need You to teach me and to remind me, and this is something that I pray will happen afresh with each new day. I depend TOTALLY on You to inspire and enlighten me when it comes to the message and the promises of the gospels. I know that I am in good hands, with You as my Teacher, and I want to do everything I can to co-operate with you in this. Please free my heart from everything that would distract me from Your whispers.

Heavenly Father, it is in Jesus’ name that I ask You to continue to pour out Your Spirit into my heart. I ask for a whole New Pentecost of Love and Understanding. Please baptise me in Your Spirit, so that, like Jesus coming up out of the Jordan waters, I may go forth with courage and enthusiasm to spread the Good News of Your Love.

Lord Jesus, I so much want to know You more and more, and to remember all the many things You have told me. All I can do is open my heart and my hands, and declare my willingness to receive, and to accept with gratitude, the wonderful Gift that is offered at this time. Please roll away the stone, and throw open the doors of my heart, that I may come forth into a life that is lived in the power of Your Spirit.

Mary my Mother, please stay very close to me, so that I may be focussed on the Gift that is Pentecost. Please make up what you see is lacking in me, so that I may be as ready as I can when the tongues of fire descend

## Pentecost Sunday Reflection

**“When the day of Pentecost came, they were all together in one place. And suddenly out of the sky came a sound like a strong rushing wind, and it filled the whole house where they were sitting. There appeared tongues as if of fire, which parted and came to rest upon each one of them. All were filled with the Holy Spirit, and began to speak other languages, as the Spirit enabled them to speak.”**

In Genesis 11, we are told that ‘the whole world had one language and a common speech’. They were a nomadic (wandering) people, but they said “Let us build ourselves a city, and a tower with its top reaching heaven; so that we may become a great people, and not be scattered over the face of the earth”. God decided that this would lead to such pride that they would come to believe that they could do anything they put their minds to, so He decided to create a little confusion! “Let us go down and confuse their language, so that they will no longer understand one another”. This is what God did, and the tower was abandoned, and the people were scattered all over the face of the earth.

On Pentecost morning, God was calling His people together again. At that time of year, people had gathered in Jerusalem from every country in the known world of that time. The Spirit gave the apostles the ‘gift of tongues’ which enabled Peter speak in his own language, and all the crowds that had gathered understood exactly what he was saying. This bringing-together of His people was the beginning of the Church.

**ONE FINAL WORD: Try to develop the habit of repeating “Come Holy Spirit” as a mantra, as you go about your daily routines. This will become spontaneous after a while, and it will help to remind you of the extraordinary and wonderful graces of today.**



Armagh Parish Holy Spirit Group is a group of men and women of all ages who meet each week, to pray and offer praise to the Lord.

Our aim is to help members to come into a deeper relationship with Christ, to realise the gifts the Spirit has given them to build the church, the body of Christ, and to strengthen our faith. We facilitate Life in the Spirit Seminars during the Lent; and invite inspirational speakers throughout the year.

We welcome you to join us at

8pm on Tuesdays

In the new

St Vincent de Paul Centre, Chapel lane

(below St Malachys School)

Rosary before the prayer group starts at 7.30pm.