

How to Pray: Novena to the Holy Spirit

Preparing to Pray

You can pray the Novena to the Holy Spirit alone, with your family, or with a prayer group. Choose a time each day that you can commit to for nine consecutive days. Ideally, begin on the Friday after Ascension Thursday to lead up to Pentecost, but you can pray it anytime throughout the year.

Each day follows a simple structure:

- Begin with the opening prayer.
- Meditate on the specific gift of the Holy Spirit for the day.
- Pray the concluding prayer.

Try to enter into the novena with intentionality and stillness. Ask the Holy Spirit to speak to your heart and reveal where He wants to move in your life.

Novena to the Holy Spirit

Opening Prayer (for each day)

LET US BOW DOWN IN HUMILITY AT THE POWER AND GRANDEUR OF THE HOLY SPIRIT. LET US WORSHIP THE HOLY TRINITY AND GIVE GLORY TODAY TO THE PARACLETE, OUR ADVOCATE.

Closing Prayer (for each day)

COME HOLY SPIRIT, FILL THE HEARTS OF YOUR FAITHFUL AND KINDLE IN THEM THE FIRE OF YOUR LOVE. SEND FORTH YOUR SPIRIT AND THEY SHALL BE CREATED. AND YOU SHALL RENEW THE FACE OF THE EARTH.

O, GOD, WHO BY THE LIGHT OF THE HOLY SPIRIT, DID INSTRUCT THE HEARTS OF THE FAITHFUL, GRANT THAT BY THE SAME HOLY SPIRIT WE MAY BE TRULY WISE AND EVER ENJOY HIS CONSOLATIONS, THROUGH CHRIST OUR LORD, AMEN.

Day One: Charity

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME. BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF CHARITY WITHIN US.

*THE GREAT CHARITY OF ALL THE HOST OF SAINTS IS ONLY MADE POSSIBLE
BY YOUR POWER, OH DIVINE SPIRIT. INCREASE IN ME, THE VIRTUE OF
CHARITY THAT I MAY LOVE AS GOD LOVES WITH THE SELFLESSNESS OF THE
SAINTS. AMEN.*

Day Two: Joy

*OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO
SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME.
BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH
HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF JOY WITHIN US.*

*ALL OF THE SAINTS ARE MARKED WITH AN UNCOMPROMISABLE JOY IN TIMES
OF TRIAL, DIFFICULTY AND PAIN. GIVE US, OH HOLY SPIRIT, THE JOY THAT
SURPASSES ALL UNDERSTANDING THAT WE MAY LIVE AS A WITNESS TO YOUR
LOVE AND FIDELITY! AMEN.*

Day Three: Peace

*OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO
SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME.
BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH
HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF PEACE WITHIN US.*

*THE SAINTS WERE TEMPTED, ATTACKED AND ACCUSED BY THE DEVIL WHO IS
THE DESTROYER OF PEACE. WHEN WE ARE ACCUSED BY THE DEVIL, COME
TO OUR AID AS OUR ADVOCATE AND GIVE US PEACE THAT LASTS THROUGH
ALL TRIALS! AMEN.*

Day Four: Patience

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME.

BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF PATIENCE WITHIN US.

OH HOLY SPIRIT, YOU GIVE LAVISHLY TO THOSE WHO ASK. PLEASE GIVE US THE PATIENCE OF THE SAINTS WHO ARE NOW WITH YOU IN HEAVEN. HELP US TO ENDURE EVERYTHING WITH AN ETERNAL PATIENCE THAT IS ONLY POSSIBLE WITH YOUR HELP. AMEN.

Day Five: Kindness

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME.

BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF KINDNESS WITHIN US.

JESUS APPROACHED SINNERS WITH IMMENSE KINDNESS. HOLY PARACLETE, PLEASE TREAT US HUMBLE SINNERS WITH THE SAME KINDNESS AND GIVE US THE ABILITY TO TREAT ALL OTHERS WITH THAT KINDNESS AS WELL. AMEN.

Day Six: Faithfulness

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME.

BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH



HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF FAITHFULNESS WITHIN US.

YOU, OH LORD, ARE EVER FAITHFUL. YOU ARE FAITHFUL UNTIL THE END. THOUGH WE ARE WEAK AND DISTRACTED, PLEASE GIVE US THE GRACE TO BE FAITHFUL TO YOU AS YOU ARE TO US! AMEN.

Day Seven: Gentleness

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME. BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF GENTLENESS WITHIN US.

DESPITE THE GRAVITY OF OUR SINS, OH LORD YOU TREAT US WITH GENTLENESS. DEAR HOLY SPIRIT, GIVE US YOUR POWER TO TREAT ALL IN OUR LIVES WITH THE GENTLENESS OF THE SAINTS. AMEN.

Day Eight: Self-Control

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME. BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH HUMILITY AND A BEGGAR'S HEART FOR YOUR GIFT OF SELF-CONTROL WITHIN US.

YOUR MARTYRS HAD THE OVERWHELMING SELF-CONTROL TO GO JOYFULLY TO A PAINFUL DEATH WITHOUT SHRINKING FROM THE OPPORTUNITY TO JOIN



YOU IN HEAVEN. GIVE US THIS SELF-CONTROL TO HAVE COMMAND OVER OUR EMOTIONS AND DESIRES THAT WE MAY SERVE YOU MORE FULLY. AMEN.

Day Nine: Goodness

OH HOLY SPIRIT, BY YOUR POWER, CHRIST WAS RAISED FROM THE DEAD TO SAVE US ALL. BY YOUR GRACE, MIRACLES ARE PERFORMED IN JESUS' NAME. BY YOUR LOVE, WE ARE PROTECTED FROM EVIL. AND SO, WE ASK WITH HUMILITY AND A BEGGAR'S HEART FOR GOODNESS WITHIN US.

WE WANT TO BE LIKE YOUR SAINTS IN HEAVEN. HOLY SPIRIT, RENEW US BY YOUR POWER WITH YOUR GOODNESS THAT WE MAY BRING THE GOOD NEWS TO THE WORLD. AMEN.