

Novena to the Holy Spirit

May 19 - May 28, 2023



The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 1
Friday,
May 19



THEME: We find forgiveness when we turn to God.

SCRIPTURE: Acts 3:17-19 ↓

REFLECTION: When Jesus rose from the dead, he had defeated the power of Satan. Now he can free you from the power of darkness and hold of Satan's kingdom. He can give you a whole new life, if you are willing to leave your sins behind.

PRAYER: God of power and mercy, open our hearts in welcome. May the darkness of our sins have no hold on us. Remove the things that hinder us from turning completely to you.

SUGGESTED PRACTICE: Select one problem area in your life in which you will particularly ask the Spirit's guidance today.



“Now I know, brothers, that you acted out of ignorance, just as your leaders did; but God has thus brought to fulfillment what he had announced beforehand through the mouth of all the prophets, that his Messiah would suffer. Repent, therefore, and be converted, that your sins may be wiped away.”

Acts 3:17-19

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 2

Saturday, May 20



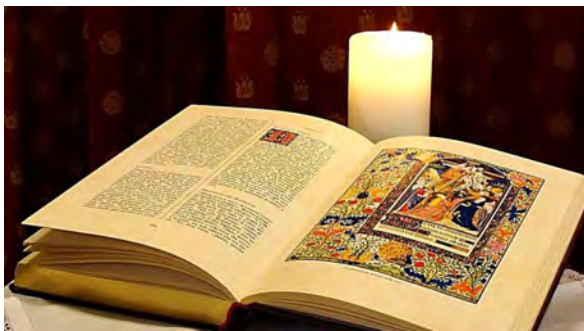
THEME: God promises a new Spirit in our midst.

SCRIPTURE: Ezekiel 36:25-28 ↓

REFLECTION: Throughout the ages, prophets predicted that the day would come when God would give His Spirit freely to people. Those who turned to Him and received His Spirit would be changed. They would be new persons with a new life.

PRAYER: God of light, in you is found no shadow of change. Open our hearts to the voice of Your Word. Restore our sight that we may look upon your Son who calls us to repentance and a change of heart.

SUGGESTED PRACTICE: Fast or abstain today, offering this sacrifice in reparation for sin.



“I will sprinkle clean water over you to make you clean; from all your impurities and from all your idols I will cleanse you. I will give you a new heart, and a new spirit I will put within you. I will remove the heart of stone from your flesh and give you a heart of flesh. I will put my spirit within you so that you walk in my statutes, observe my ordinances, and keep them. You will live in the land I gave to your ancestors; you will be my people, and I will be your God.”

Ezekiel 36:25-28

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 3
Sunday,
May 21



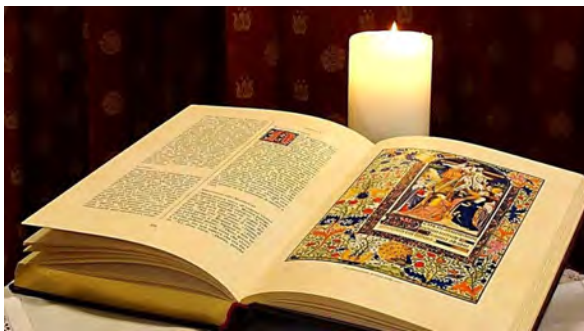
THEME: We need to acknowledge our weakness and turn to Jesus for healing.

SCRIPTURE: Mark 2:16-17 ↓

REFLECTION: We must accept the "bad news" in our lives that we have sinned, before we can accept the "good news" that Jesus calls us to forgiveness and healing.

PRAYER: O Almighty and most kind God, you caused fresh water to flow from a rock to aid your thirsting people. Draw from our stony hearts tears of sorrow for our sins, so that we may be worthy of your mercy and pardon.

SUGGESTED PRACTICE: Listen with eagerness when the Word of God is proclaimed during the Liturgy today.



“Some scribes who were Pharisees saw that he was eating with sinners and tax collectors and said to his disciples, “Why does he eat with tax collectors and sinners?” Jesus heard this and said to them “Those who are well do not need a physician, but the sick do. I did not come to call the righteous but sinners.””

Mark 2:16-17

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 4
Monday,
May 22



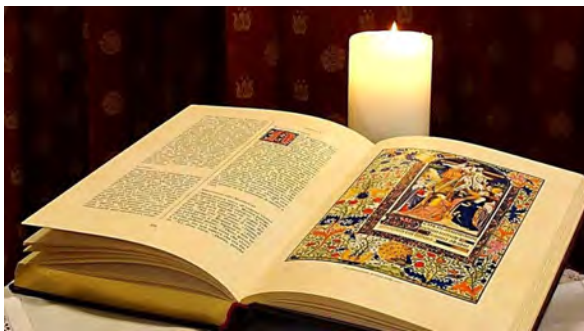
THEME: When we are dead through sin, God brings us to life.

SCRIPTURE: John 11:21-27 ↓

REFLECTION: God's answer to the world's need is Jesus Christ. Jesus was sent into the world to save us, to free us from the power of Satan and of the world, so that we might live a new life now and forevermore.

PRAYER: God, you call us your children to walk in the light of Christ. Free us from darkness and keep us in the radiance of your truth.

SUGGESTED PRACTICE: Spend an extra five minutes in prayer today, thanking God for His saving power.



“Martha said to Jesus, “Lord, if you had been here, my brother would not have died. [But] even now I know that whatever you ask of God, God will give you.” Jesus said to her, “Your brother will rise.” Martha said to him, “I know he will rise, in the resurrection on the last day.” Jesus told her, “I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?” She said to him, “Yes, Lord. I have come to believe that you are the Messiah, the Son of God, the one who is coming into the world.” ”

John 11:21-27

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 5
Tuesday,
May 23



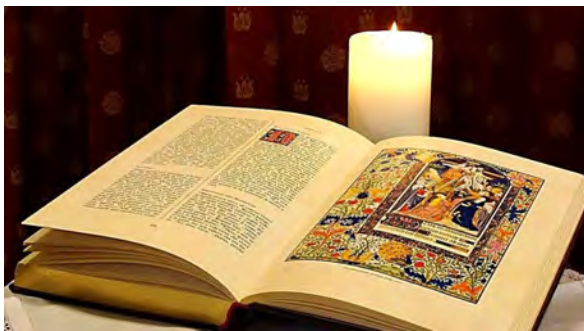
THEME: With Thomas we proclaim Jesus as Lord of our lives.

SCRIPTURE: John 20:26-28 ↓

REFLECTION: The whole of Jesus' life shows forth His love for us. Through love He became a man for us, suffered for us, died for us. Each of us can say with Thomas, "My Lord and my God!"

PRAYER: O God, Your only Son appeared in the substance of our flesh. May he who outwardly was like us, change us interiorly.

SUGGESTED PRACTICE: Spend some time today with someone who is discouraged or lonely.



“Now a week later his disciples were again inside and Thomas was with them. Jesus came, although the doors were locked, and stood in their midst and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and see my hands, and bring your hand and put it into my side, and do not be unbelieving, but believe.” Thomas answered and said to him, “My Lord and my God!””

John 20:26-28

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 6

Wednesday, May 24



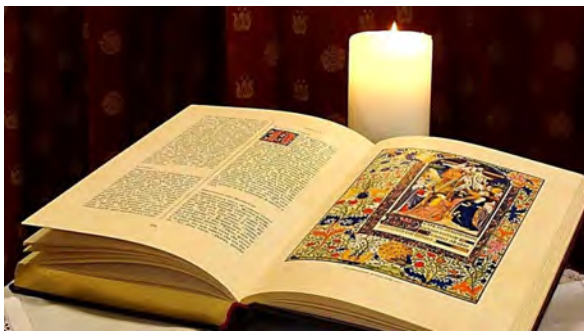
THEME: Jesus is the Messiah, the Son of the Living God.

SCRIPTURE: Matthew 16:15-16 ↓

REFLECTION: Jesus is the living God; He endures forever; His sovereignty will never be destroyed and His kingship will never end. He saves, sets free and works signs and wonders in the heavens and on earth.

PRAYER: Almighty and merciful God, You break the power of evil and make all things new in Your Son, Jesus Christ. May all in heaven and earth acclaim Your glory and never cease to acclaim Him as Lord.

SUGGESTED PRACTICE: Select one area in your life in which you will make Christ's Lordship grow today.



“ He said to them, “But who do you say that I am?” Simon Peter said in reply, “You are the Messiah, the Son of the living God.” ”

Matthew 16:15-16

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 7
Thursday,
May 25



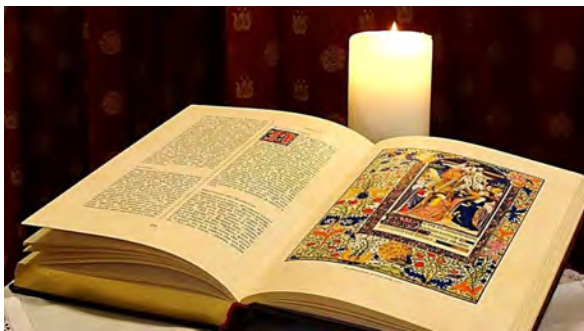
THEME: The Holy Spirit will teach you everything.

SCRIPTURE: John 14:23-26 ↓

REFLECTION: If God's truth forms your mind, you will find life and peace.

PRAYER: God in heaven, see your people gathered in prayer, open to receive the Spirit's flame. May it come to rest in our hearts and disperse the divisions of word and tongue. With one voice and one song, may we praise Your name in joy and thanksgiving.

SUGGESTED PRACTICE: Prepare for the coming of the Holy Spirit by praying for an openness to receive His gifts.



“Jesus answered and said to him, “Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him. Whoever does not love me does not keep my words; yet the word you hear is not mine but that of the Father who sent me. “I have told you this while I am with you. The Advocate, the holy Spirit that the Father will send in my name—he will teach you everything and remind you of all that [I] told you.””

John 14:23-26

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 8
Friday,
May 26



THEME: They were all filled with the Holy Spirit.

SCRIPTURE: Acts 2:1-4 ↓

REFLECTION: The Spirit, whom the Lord Jesus sends from the Father, will remind us of all that the Lord has taught us. He will animate us and help us to know and understand our faith not just with our minds but also with our hearts and souls.

PRAYER: God, let the Spirit You sent on Your Church to begin the teaching of the Gospel continue to work in the world through the hearts of all who believe.

SUGGESTED PRACTICE: Fast or abstain today, offering this sacrifice for the spiritual renewal of the Church.



“When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.”

Acts 2:1-4

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit

May 19– May 28, 2023

DAY 9
Saturday,
May 27



THEME: Do all you can to preserve the unity of the Spirit in the bond of peace.

SCRIPTURE: Ephesians 4:1-6 ↓

REFLECTION: We are part of a building that has the apostles and prophets for its foundation, and Jesus Christ himself for its cornerstone.

PRAYER: God in heaven, you have given us new birth. Strengthen us with your Holy Spirit and fill us with your light. Grant this through our Lord Jesus Christ, your Son. Amen.

SUGGESTED PRACTICE: Love and serve the Lord today in the service of those entrusted to your care.



“ I, then, a prisoner for the Lord, urge you to live in a manner worthy of the call you have received, with all humility and gentleness, with patience, bearing with one another through love, striving to preserve the unity of the spirit through the bond of peace: one body and one Spirit, as you were also called to the one hope of your call; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all.”

Ephesians 4:1-6

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Novena to the Holy Spirit
May 19– May 28, 2023

**Pentecost
Sunday,
May 28**



*Since red is the color of the Holy Spirit,
remember to wear something red to Mass
on Pentecost Sunday!*

Come, Holy Spirit!

The Church proposes a liturgical Novena, of biblical derivation, before Pentecost. The Roman Calendar speaks of the days between Ascension and Pentecost as "a preparation for the coming of the Holy Spirit," a time to prayerfully consider the role and power of the Holy Spirit in the Church.

Pentecost People Prayer

Come, Holy Spirit, and make us Pentecost People.
Let your **wisdom** and **right judgment**
guide our decisions and temper our impulses.
Let **knowledge** and **understanding**
increase our capacity for empathy and compassion.
Let **reverence** and **awe**
fill us with gratitude and respect for all of creation.
Give us the **courage**
to witness boldly to our faith in word and deed.
Through and with and in Jesus Christ, we pray. Amen.

