



### Novena to the Holy Spirit - Day 7 - Thursday 21<sup>st</sup> May

Today we pray for the grace to listen deeply to God.

"Let anyone who can hear, listen to what the Spirit is saying to the churches."

(Rev 3:6)

We can listen to our common home, as we allow nature to speak to us of the glory of God, the Creator. We must listen too as the earth cries out from the harm we have inflicted on it.

We can listen to what is happening in the world around us. To the voices of refugees and immigrants, to people living in poverty or enduring violence.

We can listen to our own experience, in the light of God's loving presence. And we can be attentive to God's word and the promptings of the Spirit in prayer.

*Where do you find yourself hearing the voice of the Spirit?*

### Novena to the Holy Spirit - Day 8 - Friday 22<sup>nd</sup> May

Today we pray for the grace to be people of courage.



"In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you,' and, after showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you. As the Father sent me, so am I sending you.' After saying this he breathed on them and said: 'Receive the Holy Spirit.'" (Jn 20:19-22)

Maybe we too sometimes find ourselves behind the locked door of fear. Today let's invite the Holy Spirit to pour into us the gift of courage, so as Christ's body we may know and love our neighbours; act justly; make peace; care for creation.

*Take time today to breathe mindfully - breathing in God's spirit and breathing out God's love.*

### Novena to the Holy Spirit - Day 9 - Saturday 23<sup>rd</sup> May

Today we pray for the grace of a fresh outpouring of the Holy Spirit.

"When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and then something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech."

(Acts 2:1-4)

For all the drama, Pentecost is only the beginning. We may not hear the wind or see the visible flames, but the Spirit continues to help us to learn new languages of love and expand our circle of compassion to include all creation.

*Is there somewhere in your life where you sense the Spirit is inviting you to something new in your life? How does that feel?*

## NOVENA TO THE HOLY SPIRIT

The Pentecost Novena is THE original novena. The disciples waited in unity and prayer for the Holy Spirit for nine days after Jesus' ascension to heaven. Jesus asked them to pray constantly in the upper room until the descent of the Holy Spirit.

**"They all joined together constantly in prayer, together with the women and Mary, the mother of Jesus, and with his brothers." – Acts 1:14**

*The Novena can be made in full, or simply with the daily prayer for each day of the nine days, or any combination of the prayers.*

*Praying these prayers brings the community together, although apart, and with those of faith throughout the world as we approach Pentecost. This year, 2026, the nine days before Pentecost coincide with Laudato Si' Week with the theme of "From Hope to Action". We pray this Novena for peace and healing in a world suffering from violence and degradation. (adapted from CAFOD novena)*

On each day of the Novena the following prayers are offered:

**'In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.'**

**'Let us bow down in humility at the power and the grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate.'**

**'Come, Holy Spirit, fill the hearts of Your faithful and enkindle 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 Spirit we may be truly wise and ever enjoy His consolations, through Christ our Lord. Amen.'**

Prayer for the day (see under each day of the Novena)

**'Holy Spirit, we ask for the grace of [mention your intention here]. Amen.'**

**Come Holy Spirit,  
blow away division and despair.  
Light your flame of courage and hope in us  
and warm our hearts with wisdom and love.**

**Be our Helper, as we seek your ways of justice.  
Be our Comforter, as we share your peace with our wounded world.  
Be our Advocate, as we call for the fullness of life for all. Amen**

### Novena to the Holy Spirit - Day 1 - Friday 15<sup>th</sup> May

Today we pray for the grace to act as God does towards creation with caring, compassion and justice.



“In the beginning, God created the heavens and the earth. Now the earth was a formless void, there was darkness over the deep, and God’s spirit hovered over the water.” (Genesis 1:1-2)

God’s call to care for our common home is especially urgent today in the light of the climate emergency. Let’s pray today that God’s nurturing spirit will challenge and strengthen us to make profound changes in our lifestyle. Changes that will prevent further damage to our environment and restore creation for the common good.

*What changes can I make to better care for the gift of creation?*



### Novena to the Holy Spirit - Day 2 - Saturday 16<sup>th</sup> May

Today we pray for the grace to create a common dream of justice and peace.

“I will pour out my Spirit on all mankind. Your sons and daughters shall prophesy, your old men shall dream dreams, and your young men see visions.” (Joel 3:1)

The prophet Joel looks to a future where God’s spirit will be poured out on all people - young and old - so that all may dream. The Spirit of God empowers us to imagine a world where all people and all creation may flourish, and to work with God, and with others, in making that dream a reality.

*What are my dreams for the world?*

### Novena to the Holy Spirit - Day 3 - Sunday 17<sup>th</sup> May

Today we pray for the grace to stand in solidarity with those who are oppressed and marginalised.



“The Spirit of the Lord has been given to me, for he has anointed me. He has sent me to bring the good news to the poor, to proclaim liberty to the captives and to the blind new sight, to set the downtrodden free, to proclaim the Lord’s year of favour.” (Luke 4: 18-19)

As Jesus’ followers, filled with the Spirit of the Lord, we too are called to stand in solidarity with those who are oppressed, the poor and the captive. To join Jesus in dismantling systemic injustices. To witness to God’s love and work for the coming of his Kingdom.

*What unjust system or practice can I seek to change in the world?*

### Novena to the Holy Spirit - Day 4 - Monday 18<sup>th</sup> May

Today we pray for the grace to dialogue with openness, respect and concern for the common good.



“Do all you can to preserve the unity of the Spirit by the peace that binds you together. There is one Body, one Spirit, just as you were all called into one and the same hope when you were called.” (Ephesians 4:3-4)

This unity is not the same as uniformity. The Spirit does not bring just one language on the day of Pentecost but enables people to speak in and comprehend a multiplicity of languages. As we come together, enriched by our differences, and recognising our shared dignity as children of God, we can stand united against the evils of poverty, discrimination, and violence.

*How can I seek to encounter others in dialogue and friendship?*



### Novena to the Holy Spirit - Day 5 - Tuesday 19<sup>th</sup> May

Today we pray for the grace of renewed hope.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Romans 15:13)

God has not abandoned the world but continues to be at work for the coming of the Kingdom. And we are invited to be active participants in that work as the Holy Spirit is poured upon us. Today let’s celebrate that we are called not to discouragement and despair but rather, to hope and action.

*What signs of hope can I see in the world today?*

### Novena to the Holy Spirit - Day 6 - Wednesday 20<sup>th</sup> May

Today we pray for the grace to realise we are all interconnected and to reach out in love to all the members of our human family.



“But you will receive power when the Holy Spirit comes on you, and then you will be my witnesses not only in Jerusalem but throughout Judea and Samaria, and indeed to the ends of the earth.” (Acts 1:8)

As Pentecost people, we too are challenged to look outward, to seek to include others and look for the flourishing of all people and all creation. To welcome the immigrant and love the stranger. Empowered by the Spirit, we can take the healing, liberation, and joy that Jesus brings to the very ends of the earth.

*How can I be a source of blessings to my neighbours both near and far?*