

## Novena to the Holy Spirit

To celebrate Mary, Mother of the Church, the day after Pentecost and the descent of the Holy Spirit on the Church, here is a Novena to the Holy Spirit with prayers and petitions to Our Mother of Perpetual Help (one of the many titles the Church uses to honor Mary throughout the world).

This novena is meant to help us open ourselves to embrace and use the gifts of third person of the Holy Trinity to reaffirm our Confirmation commitment as “chosen to be sent”.

Even though we pray this novena as a preparation for the feast of Mary, Mother of the Church, you can also pray a novena to the Holy Spirit any time that you want. So, let us pray with great confidence and trust in our God who is all Good and Loving.



## **Novena to the Holy Spirit - Day 1: LOVE redeems FEAR: We are Chosen to be Countercultural.**

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 grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. 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 Love to grow within us and to shed light on areas of Fear that keep us from sharing Our Lord's Love with others. The great Love of all the host of Saints is only made possible by your power, Oh Divine Spirit. Increase in us, the virtue of LOVE that we may love as God loves with the selflessness of the Saints. Amen.

*(Individual requests maybe added here.)*

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.

**Prayer for Mary's Intercession:** Mother of Perpetual Help, you have been blessed and favored by God. you became not only the Mother of the Redeemer, but Mother of the redeemed as well. We come to you today as your loving children. Watch over us and take care of us. As you held the child Jesus in your loving arms, so take us in your arms. Be a mother ready at every moment to help us. For God who is mighty has done great things for you, and God's mercy is from age to age on those who love God. Intercede for us, dear Mother, in obtaining pardon for our sins, love for Jesus, final perseverance, and the grace always to call upon you, Mother of Perpetual Help. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



## Novena to the Holy Spirit - Day 2: JOY redeems Hardness of Heart: We are Chosen to be Wounded Healers.

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 grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. 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. We ask that You remove any areas of our hearts that have turned to stone and away from You, Our dear Lord. Give us now a heart of flesh that is fully alive, refreshed and anew in God's love. All 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.

*(Individual requests maybe added here.)*

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of Your love. We know that some heart changes take time. Will You help us to endure this process with You, help us to remain pliable and willing to bend under Your guiding touch, however long it might take? God, we boldly and bravely pray, that You will set our hearts on fire for You! We may not understand exactly what we are praying for right now, but we trust You, and we want our hearts to burn for You for all the days are alive. Amen.

**Prayer for Mary's Intercession:** Glorious and wonderful things are said about you, O Virgin Mary. You are the glory and joy of the Christian people. You are the defender of the poor and rejected! You are the safe refuge of the persecuted and a Mother ever ready to help us! May joy fill our hearts as we welcome Christ in Word and sacrament. Surround us with the radiance of your loving protection and keep us safe from all that would harm us, glorious and powerful Mother of the Redeemer. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



## **Novena to the Holy Spirit - Day 3: PEACE redeems Violence: We are Chosen to Advance Justice with Mercy.**

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 grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. 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.

*(Individual requests maybe added here.)*

Come Holy Spirit, we pray for clear vision to see and the faith to believe in a world free from violence, a new world in which fear shall no longer lead men or women to commit injustice, nor a world where selfishness makes them bring suffering upon others. Help us to offer our whole life and thought and energy to the task of making peace, praying always for the inspiration and the power to fulfill the destiny for which we, all men and women were created, we pray in Christ Our Lord, Amen.

**Prayer for Mary's Intercession:** Mother of Perpetual Help, we turn to you as our model of discipleship. Inspire us to humbly follow the Good Shepherd. May we spend our lives in loving and serving our God. As disciples, may we always seek to do the will of God and mold our lives in the likeness of your Son and our Lord, Jesus. Dear Mother of Perpetual Help, inspire us to be compassionate to all who suffer. Help us to leave judgment in the hands of your Son, and instead reach out with hands of mercy to those who are trapped in darkness, until we all walk in the Light of your Son. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



## **Novena to the Holy Spirit - Day 4: PATIENCE redeems Atheism: We are Chosen to Walk by Faith and not by Sight.**

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 grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. 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.

*(Individual requests maybe added here.)*

Come Holy Spirit, grant us the courage, Patience, and strength Jesus had to tolerate all the suffering and burdens of others. We ask and desire to have patience and gratitude for the people, things, and the world You have placed us. We accept that not everything is going to be according to the way we want. We are asking You, to provide us more Patience and wisdom to accept the things we cannot change and courage to change what we can for the benefit of others. Make our minds calm and acceptable with wisdom to know the difference, we ask through Jesus Christ Our Lord, Amen.

**Prayer for Mary's Intercession:** Holy Virgin Mary, you are the help of the powerless, the strength of the fearful, the consolation of the sorrowful. Bring our needs to your Son Jesus, our Lord and Savior. You are called the refuge and hope of sinners; be then our refuge and our hope. Stretch out your hand to us who honor you. You were given to us by your Son on the cross to be our Mother, and it is this that inspires our confidence in you. We ask that we never cease to call upon your motherly assistance. O Mary, be our help! O Mother of Perpetual Help, never suffer us to lose our way on the road to salvation. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

***Patience is not the ability to wait, but the ability to keep a good attitude while waiting.***





## **Novena to the Holy Spirit - Day 6: GENEROSITY redeems Greed: We are Chosen to Tithe Generously: Time, Talent & Treasure.**

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 grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. 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 Generosity that comes from compassion – a compassion that you have for the world. For how can we be generous if we have no compassion for those who are less fortunate than we? Lord, make our hearts compassionate towards others. Let us look upon the world and take pity on those who are in peril. Help us rise to the challenge that you set before all of us, that we might share your wondrous gifts of faith, hope, and eternal life with the world. Lord, have mercy and hear us. Amen.

*(Individual requests maybe added here.)*

Come Holy Spirit, our Confirmation call in this life is to love others and to give freely from our hearts what God has given to us. Therefore, we ask that You mold us to better reflect His image. Shape our hearts, minds, and souls that we might learn to give as freely as Our Lord Jesus gave. For You are a God who holds nothing back but lays down even Your own life for us. Amen.

**Prayer for Mary's Intercession:** Mother of Perpetual Help, as a true Mother you sacrificed your own needs, wants, and dreams for our benefit by submitting yourself to God's will and giving birth to our Savior. As your Son hung upon the cross, He gifted you to us as our Mother, and you have acted on our behalf ever since. May you inspire your children to likewise be self-sacrificing rather than self-serving, to give ourselves in loving and kind service to our sisters and brothers. Mother Mary help us to be open to the Word of the Lord and to strive every day to proclaim His word in all our words and actions. May you dispel our fears and prejudices and open our eyes to your Son's presence and dwelling with in each of us. Amen.



## **Novena to the Holy Spirit - Day 7: FAITHFULNESS redeems Infidelity: We are Chosen on Team Jesus – Does He see Us?**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

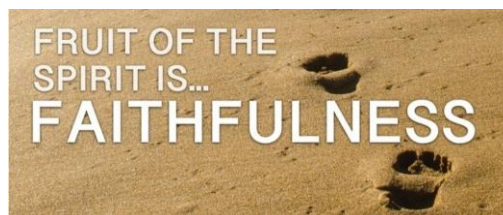
Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. Oh Holy Spirit, by Your power, Christ was raised from the dead to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, 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.

(Individual requests maybe added here.)

Come Holy Spirit, before the multitude of heavenly witnesses, we offer our very self, soul and body, to You, eternal Spirit of God. We adore the brightness of Your purity, the unerring keenness of Your justice, and the power of Your love. You are the strength and light, in You, we live and move and have our being. We desire never to grieve You by infidelity to Your grace, and we pray wholeheartedly to be preserved from the slightest sin against You. Make us faithful in our every thought, and grant that we may always listen to Your voice, watch for Your light, and follow Your gracious inspirations. Grant us the grace, O Holy Spirit of the Father and the Son, to say to You always and everywhere: "Speak, Lord, for Your servant is listening." Amen.

**Prayer for Mary's Intercession:** Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided. Inspired with this confidence, we fly to you, O Virgin of virgins, our Mother. To you we come, before you we stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not our petitions, but in your mercy hear and answer us. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.





## **Novena to the Holy Spirit - Day 8: GENTLENESS redeems Cruelty: We are Chosen to Model Jesus.**

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 grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. 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.

*(Individual requests maybe added here.)*

Come Holy Spirit, mold and shape us to receive God's blessings to become gentle and humble. Remind us to always follow Father God humbling walking in the footsteps of Jesus, our Lord. Teach us to be gentle in our interaction with others, as You have been gentle in Your responses to us and our sin and foolishness. Help us to treat all others with care and compassion, with the tenderness that You show to us. Lord may we show Your strength through our meekness, leading us to be gentle of spirit. Amen.

**Prayer for Mary's Intercession:** Mother of Perpetual Help, today we face so many difficulties. Listen to our prayers of petition. Your Icon reminds us to reach out and help those in need as once you gave yourself in service to be Mother of our Lord. Help us to bind up the brokenhearted and to give hope to the downtrodden. May we share their burdens with compassion and fulfill the law of Love. Mary, model of abundant love, we know we cannot heal every ill or solve every problem and we do pray with you that God's will be done in all things. May our daily actions proclaim how fully our lives are modeled after yours, dear Mother of Perpetual Help. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



## **Novena to the Holy Spirit - Day 9: SELF\_CONTROL redeems Selfishness: We are Chosen for Mission – Walking Creates the Path.**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

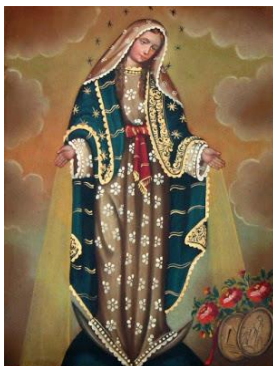
Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and ask the Holy Spirit the Instructor of the faithful, to help us understand Christ's words and guide us in His way to holiness as we were commissioned through his Apostles.

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.

*(Individual requests maybe added here.)*

Come Holy Spirit, remind us of the power of sacrifice, self-control, and help us to choose ourselves less; to be humble and open to whatever You call us to say, do and wherever You choose us to be sent. Spirit, lead us and help us to deepen our trust in You for all things and remain steady on the path You have set before us. We live as Eucharistic people of the Lord. Help us to follow Your Spirit. Jesus Christ our Lord is the reason for our hope. Amen.

**Prayer for Mary's Intercession:** Most Holy and Immaculate Virgin and our Mother Mary, to you who are the Mother of our Lord, the Queen of the World, the advocate, the hope and the refuge of sinners, we have recourse today. We render you our most humble homage, O great Queen, and we thank you for all the graces we have received through your intercession now, in the past and for those we have yet to receive. We love you, O most amiable Lady; and for the love which we bear you, we promise to serve you always and do all in our power to bring other to you. We pray, Amen.



**Final Prayer:** Accept us for your servants and receive us under your mantle, O Mother of Mercy. And since you are so powerful with God, pray that we may have the grace to triumph over temptations until death. Dear Mother, by the love which you bear to God, we beseech you to help us at all times to bear much fruit for sake of others, have a perfect love of Jesus Christ, and share generously our gifts bestowed from the Holy Spirit. Leave us not, we beseech you, until you see us safe in heaven blessing you and singing your mercies for all eternity. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father, Hail Mary, Glory Be.

**Dearest Holy Spirit, confiding in your deep, personal love for us, we are making this novena for the following request, if it should be Your holy Will to grant it: (*mention your request*).**

**Teach us, Divine Spirit, to know and seek our last end; grant us the holy fear of God; grant us true contrition and patience. Do not let us fall into sin. Give us an increase of faith, hope, and charity, and bring forth in our souls all the virtues proper to our state of life.**

**Make us faithful disciples of Jesus and obedient children of the Church. Give us efficacious grace sufficient to keep the commandments and to receive the sacraments worthily. Give us the four Cardinal Virtues, Your Seven Gifts, Your Twelve Fruits. Raise us to perfection in the state of life to which You have called each of us and lead us through a happy death to everlasting life. Through Jesus Christ our Lord. Amen.**



About the Holy Spirit Novena. This particular novena was adapted from PrayMoreNovenas.com, *Hear Me as I Pray: New Prayers to Our Mother of Perpetual Help* and <https://www.acatholic.org/traditional-catholic-prayers/catholic-prayers-to-the-holy-spirit/>.

The novena is to open our lives and hearts to the Fruits of the Holy Spirit, intercessions from Mary, Mother of the Church and deepen a desire for living out our Confirmation commitment towards sainthood.

It is only through the power of the Holy Spirit that our lives can bring forth the fruit promised and desired. We cannot save ourselves and it is only by the grace of God that we are saved. So, we must rely completely on the power of the Holy Spirit and the death of Our Lord Jesus. That is the essence of this novena. The Pentecost novena is really 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, along with the women and Mary the mother of Jesus, and with his brothers."  
- Acts 1:14