LET US PRAY

O God who has prepared good things for those that love You, pour into our hearts the Spirit of filial affection; so that loving you in all things and above all things we may obtain your promises which exceed all desires, through Christ our Lord. Amen.

PRAYER FOR THE FRUITS OF THE HOLY SPIRIT

“The Fruit of the Spirit are Charity, Joy, Peace, Patience, Benignity, Goodness, Longanimity, Mildness, Faith, Modesty, Continence, Chastity” (Gal. 5: 22).

1. Charity

O Holy Spirit, Substantial Love of the Father and the Son, I profoundly adore you, and humbly beseech you to fill my heart with Divine Charity—your first and most necessary Fruit—so that I may be enabled to love you, my God, above all things for your own sake, and my neighbour for the love of you. May this precious Fruit continue to grow and ripen daily in my heart till it attains to maturity and perfection in your blessed kingdom, where the God of love and the love of God reign for ever more. Amen.

2. Joy

O Divine Spirit, well-spring of everlasting happiness, pour into my soul the Fruit of holy Joy, that, by its sweet and powerful influence, I may be stimulated to serve you with wholehearted, cheerful service, in every circumstance and duty, whether pleasing or adverse. Amen.
3. Peace
O Abyss of Divine Peace! Confirm me in unalterable serenity of soul and peace of conscience, so that I may remain firm in temptation and steadfast in virtue amidst the sorrows, sufferings and contradictions with which this life is filled.

4. Patience
O Divine Consoler, sweet Comforter of all who suffer and are tried by adversity, grant me Patience to bear meritoriously the trials and troubles of my daily life.

5. Longanimity
Grant me also, O God, the precious Fruit of Longanimity, so that long continuance of my trials and protracted delay in the fulfilment of my lawful desires, may not cause in me impatience, murmuring, or inconstancy. May the example of Our Lord Jesus Christ encourage and strengthen me in the practice of that patient long suffering which wins the eternal crown.

6. Goodness, Benignity, Mildness
O Holy Spirit, delightful Guest of our souls, impart to me the sacred and most desirable Fruits of Goodness, Benignity and Mildness, that, in my relations with others, I may faithfully practice the meekness and humility of the Sacred Heart of Jesus, carefully avoid all uncharitableness in thought, word and act, and be unto all the good odour of Christ.

7. Faith
O Holy Spirit, God of unchangeable Truth, I thank you for the priceless gift of Faith which you have of your pure mercy bestowed on me. I thank you for having made me a member of the Holy Catholic Church, wherein the true faith is ever preserved by your all-powerful grace and infallible teaching. May the bright flame of this Divine virtue ever burn undimmed in my soul. Preserve me, O Eternal Truth! From the loss or weakening of my faith, for you teach me that, without faith it is impossible to please you, my God. May the precious Fruit of Faith cause me always to
judge aright in what concerns my eternal salvation. Guide me, O Divine Spirit, by the light faith, so that I may be directed on all occasions, not by self-love or the false maxims of the world, but by the unmistaken love of our Lord Jesus Christ.

8. Modesty, Continence, Chastity
O Holy Spirit, Lord of Light, send forth one ray of your pure beaming radiance into my soul, and inflame it with a great esteem and love for the virtue of Purity. May Modesty ever regulate my actions and deportments, and the Holy Fruits of Continence and Chastity enable me to resist all evil inclinations and to serve you, my God, in great purity of soul and body, to the deification of my neighbour and to the honour of the ever Adorable Trinity, Father, Son and Holy Spirit. Amen.

Prayer to the Holy Spirit for the Church
O Holy Ghost, Creator, be propitious to the Catholic Church and by thy Supernatural power strengthen and secure it against the attacks of its enemies, renew in charity and grace the spirit of thy servants, whom thou hast anointed, that they may glorify thee and the Father and his only begotten Son, Jesus Christ our Lord. Amen.

Prayer for the Indwelling of the Holy Spirit
Almighty and ever living God, giver of all things that are good, you promised us the gift of your Spirit and fulfilled it on the Pentecost Day. We your children, humbly beg you to infuse into us the divine person of the Holy Spirit. Send him into us that we might be renewed. May we experience him now as on the day of Pentecost so that our faith might be strengthened and we will be inspired to bear witness for Christ in the Church, through the testimony of our word and life and the practice of virtue. We ask this through Christ our Lord. Amen.

Prayer to the Holy Spirit for Sanctification
O Holy Spirit, may I be immersed wholly and entirely in you, be my Vivifier, Sanctifier and Unifier. Brighten my ways and give me the life and protection that Jesus the Saviour has by
His death and resurrection gained for those who love Him.

O Spirit Divine, may you never abandon me. Guide me strictly on the path of holiness so that I will be finally and firmly united to the three persons of the blessed Trinity. O blessed Virgin Mary, spouse of the Holy Spirit and mother of Jesus the Saviour, pray for me.

**Praises of God the Holy Spirit**

*All stand*

Blessed be the Holy Spirit the Paracelete
Blessed be him the eternal love of the Father and the Son!
Blessed be him through whom the Son of God was conceived by the Virgin Mary
Blessed be him the Teacher of all truth!
Blessed be him who came on the disciples on Pentecost!
Blessed be him the Infallible Guide of the Church!
Blessed be him the Power of God from on high!
Blessed be him the Lord and Giver of life!
Blessed be him the Father of the Poor

Blessed be him the Helper of the Weak
Blessed be him, with the Father and the Son forever more. Amen!

**Prayer of Confession and Acceptance of Divine Will**

Lord, I confess my anger, murmuring and rejection of the passion and crosses which you allotted to me to carry. Please teach me to do your will. Have mercy and pardon me especially for all my acts of disobedience to your will. Give me the grace to live and act always under your control. This is my prayer through Christ our Lord. Amen.

**Spiritual Communion with the Holy Spirit**

Most Holy Spirit, I believe in you, I love you and I adore you.
My heart desires you above everything.
Come to me in fellowship and friendship
Come and fill me with your presence which is love
Let your glory fill my mind and heart to the brim.
Thank you for taking me to be your temple.