

Ascension to Pentecost Holy Hours

Meditate on Scripture – *Read, Contemplate, Meditate and Pray*

Ascension Day – Luke 24:50-53, Acts 1:6-11

Disciples in Upper Room – John 20:19-22

Pentecost Day – Acts 2:1-13

Sending of the Holy Spirit – John 14:16-17, 26, John 16:7, 12-14

Baptism and the Holy Spirit – Mark 1:8

Peter talking after Pentecost – Acts 2:14-18, Acts 2:38

Apostles giving the Holy Spirit – Acts 8:14-17

Holy Spirit Prayers

Come, thou Holy Spirit, come:
And from thy celestial home send thy light and brilliancy.
Come, thou father of the poor,
come who givest all our store,
come the soul's true radiancy.
Come, of comforters the best, of the soul the sweetest guest,
sweetly and refreshingly.
Come, in labour rest most sweet,
shade and coolness in the heat, comfort in adversity.
Thou who art the Light most blest,
come fulfill their inmost breast, who believe most faithfully.
For without thy Godhead's dower,
man hath nothing in his power, save to work iniquity.
What is filthy make thou pure,
what is wounded work its cure,
water what is parched and dry.
Gently bend the stubborn will,
warm to life the heart that's chill,
guide who goeth erringly.
Fill thy faithful who adore,
and confess thee evermore,
with thy sevenfold mystery.
Here thy grace and virtue send,
grant salvation in the end, and in heaven felicity. **Amen.**

(Latin Hymn, 13th century)

Lord Jesus, as God's Spirit came down and rested upon you,
May the same Spirit rest on us,
Bestowing his sevenfold gifts.
First, grant us the gift of understanding,
By which your precepts may enlighten our minds.
Second, grant us counsel, by which we may follow
in your footsteps on the path of righteousness.
Third, grant us courage,
by which we may ward off the enemy's attacks.
Fourth, grant us knowledge,
by which we can distinguish good from evil.
Fifth, grant us piety,
by which we may acquire compassionate hearts.
Sixth, grant us fear,
by which we may draw back from evil
and submit to what is good.
Seventh, grant us wisdom,
that we may taste fully the life-giving sweetness of your love.

(Prayer of St. Bonaventure to the Holy Spirit)

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father, Thou
Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide,
turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed,
of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven. Amen.

(Veni, Creator Spiritus - based upon ancient latin hymn)

Breathe in me O Holy Spirit
that my thoughts may all be holy;
Act in me O Holy Spirit
that my works, too, may be holy;
Draw my heart O Holy Spirit
that I love but what is holy;
Strengthen me O Holy Spirit
to defend that is holy;
Guard me then O Holy Spirit
that I always may be holy.

St. Augustine of Hippo (AD 354-430)

O God, send forth your Holy Spirit into my heart that I may perceive, into my mind that I may remember, and into my soul that I may meditate. Inspire me to speak with piety, holiness, tenderness and mercy. Teach, guide and direct my thoughts and senses from beginning to end. May your grace ever help and correct me, and may I be strengthened now with wisdom from on high, for the sake of your infinite mercy. Amen.

by Saint Anthony of Padua

Prayer For The Seven Gifts Of The Holy Spirit

O Lord Jesus Christ Who,
before ascending into heaven did promise to send the Holy Spirit
to finish Your work in the souls of Your Apostles and Disciples,
deign to grant the same Holy Spirit to me that He may perfect in my soul,
the work of Your grace and Your love.

Grant me the Spirit of Wisdom that I may despise the perishable things of this world
and aspire only after the things that are eternal,
the Spirit of Understanding to enlighten my mind with the light of Your divine truth,
the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining heaven,
the Spirit of Fortitude that I may bear my cross with You
and that I may overcome with courage all the obstacles that oppose my salvation,
the Spirit of Knowledge that I may know God and know myself
and grow perfect in the science of the Saints,
the Spirit of Piety that I may find the service of God sweet and amiable,
and the Spirit of Fear that I may be filled with a loving reverence towards God
and may dread in any way to displease Him.

Mark me, dear Lord, with the sign of Your true disciples
and animate me in all things with Your Spirit. **Amen.**

Prayers of Intercession

For those preparing to receive the Sacrament of Confirmation

For the Gifts of the Holy Spirit, that all Christians will nurture the gifts of the Spirit in their lives and let them bear fruit in love, peace, thankfulness and mercy

For Christian Unity

For the Church, the Pope, Bishops, Priests and all its leaders, to be guided by the Holy Spirit always

For those who are tiring in the battle against injustice and oppression

For those exhausted by the struggle with poverty and hunger

For those whose lives are overshadowed by illness or pain

For those whose lives are darkened by sorrow or bereavement

For those living in the shadow of war and violence

For those eaten up by guilt and anxiety and whose Christian life has become hard and dry

For those uncertain how to use their time, talents and gifts

For those tempted to do what is wrong, choose sin and evil

For those reaching out to comfort the distressed

For those reaching out to others with the Good News of Christ

For the sick and dying

For the recently deceased and for those whose anniversary of death occurs around this time, that the Spirit who raised Jesus from the dead will raise them to eternal glory with him