



Pope Saint Gregory the Great

(Pope from 590-604)

The Holy Spirit gives wisdom against folly, understanding against dullness, counsel against rashness, fortitude against fears, knowledge against ignorance, piety against hardness of our heart, and fear against pride.

--Pope Saint Gregory the Great

The Holy Spirit longs to find the gates of our heart, so that He may enter in and dwell there, and sanctify it; and He goes round about to all the gates to see where He may enter. --St. Ephraem the Syrian

The Holy Spirit is a power most mighty, a Being divine and unsearchable; for He is living and intelligent, a sanctifying principle of all things made by God through

NOVENA TO THE HOLY SPIRIT

Novena to the Holy Spirit (adapted with the approval of CFP spiritual advisor Dom Julian Stead, OSB, from a Novena copyrighted by the Holy Spirit Fathers, 1912)

First day- Friday after Feast of Ascension. **Last day-** Vigil of Pentecost

SSS



ACT OF CONSECRATION TO THE HOLY SPIRIT

(To be recited before starting the Novena.)

Before the great multitude of heavenly witnesses, I offer myself, soul and body to Thee, Eternal Spirit of God. I adore the brightness of Thy purity, the unerring fairness of Thy justice, and the might of Thy love. Thou art the Strength and Light of my soul. In Thee I live and move and am. I desire never to grieve Thee by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against Thee. Mercifully guard my every thought and grant that I may always watch for Thy light, and listen to Thy voice, and follow Thy gracious inspirations. I cling to Thee and give myself to Thee and ask Thee, by Thy compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds, and trusting in His Precious Blood and adoring His opened Side and stricken Heart, I implore Thee, Adorable Spirit, Helper of my infirmity, to keep me in Thy grace that I may never sin against Thee. Give me grace O Holy Spirit, Spirit of the Father and the Son, to say to Thou always and everywhere, "Speak, Lord, for Thy servant is listening." Amen.

<p>Christ.</p> <p>--St. Cyril of Jerusalem</p>	
<p>O Holy Spirit, who gives grace where You will, come into me and ravish me to Yourself. the nature that You made, change with honeysweet gifts, that my soul, filled with delightful joy, may despise and cast away all the things of this world, that it may receive spiritual gifts, given by You, and going with joyful songs into infinite light may be all melted in holy love.</p> <p>--Blessed Richard Rolle</p>	<p>FIRST DAY <i>Holy Spirit, Lord of Light, radiance give from celestial height.</i></p> <p>SILENT REFLECTION – ON THE HOLY SPIRIT Only one thing is important -- eternal salvation. Only one thing, therefore, is to be feared--sin. Sin is the result of ignorance, weakness, and indifference. The Holy Spirit is the Spirit of Light, of Strength, and of Love. With His sevenfold gifts He enlightens the mind, strengthens the will, and inflames the heart with love of God. To ensure our salvation we ought to invoke the Divine Spirit daily, for "The Spirit helps our infirmity. We know not what we should pray for as we ought. But the Spirit Himself asks for us."</p>
<p>To each who receives the Holy Spirit, it is as if he alone received Him; yet the grace the Spirit pours out is quite sufficient for the whole of mankind.</p> <p>--St. Basil the Great</p>	<p>Prayer Almighty and eternal God, Who has deigned to regenerate us by water and the Holy Spirit, and has given us forgiveness of all sins, send forth from heaven upon us Thy sevenfold Spirit, the Spirit of Wisdom and Understanding, the Spirit of Counsel and Fortitude, the Spirit of Knowledge and Piety, and fill them with the Spirit of Holy Fear so that ...your intention goes here as Thou wouldst have it be. Amen.</p>
<p>"Love" can be used either as an essential name of the divine nature or as a personal name of a divine person--then it is the proper name of the Holy Spirit as "Word" is the proper name of the Son.</p> <p>--St. Thomas Aquinas</p>	<p>SECOND DAY <i>Come, Thou Father of the poor, come now with treasures that endure; Light of all who live.</i></p> <p>SILENT REFLECTION – THE GIFT OF FEAR The Gift of Fear fills us with a sovereign respect for God, and makes us dread nothing so much as to offend Him by sin. It is a fear that arises, not from the thought of hell, but from sentiments of reverence and filial submission to our heavenly Father. It is the fear that is the beginning of wisdom, detaching us from worldly pleasures that could in any way separate us from God. "They that fear the Lord will prepare their hearts, and in His sight will sanctify their souls."</p>
<p>FIRST GIFT OF THE HOLY SPIRIT: FEAR OF THE LORD</p> <p>The fear of God prepares a place for love. But once love</p>	<p>Prayer Come, O blessed Spirit of Holy Fear, penetrate their inmost heart, that we may set Thee, my Lord and God, before their face forever, help them to shun all things that can offend Thee, and make them worthy to appear before the pure eyes of Thy Divine Majesty in heaven, where Thou livest and reignest in the unity of the ever Blessed Trinity, God world without end. Grant Gift of Fear of the</p>

<p>has begun to dwell in our hearts, the fear that prepared a place for it is driven out. . . . In sewing, the needle introduces the thread into the cloth. The needle goes in, but the thread cannot follow unless the needle comes out first. In the same way, the fear of God first occupies our minds, but it does not remain there, because it enters only in order to introduce love.</p> <p>--St. Augustine</p>	<p>Lord so that ...your intention goes here as Thou wouldst have it be. Amen.</p> <p>THIRD DAY <i>Thou of all consolers the best, Thou, the soul's delightful guest, refreshing peace bestow;</i></p> <p>SILENT REFLECTION – THE GIFT OF PIETY The gift of Piety begets in our hearts a filial affection for God as our most loving Father. For His sake, it inspires us to love and respect persons and things consecrated to Him, as well as those who are vested with His authority, His Blessed Mother and the Saints, the Church and its visible Head, our parents and superiors, our country and its rulers. He who is filled with the gift of Piety finds the practice of his religion, not a burdensome duty, but a delightful service. Love makes all labor sweet.</p>
<p>SECOND GIFT OF THE HOLY SPIRIT: PIETY</p> <p>The reason for loving God is God Himself; the measure of loving God is to love Him beyond measure.</p> <p>--St. Bernard of Clairvaux</p> <p>What is the mark of a love for God? To keep His commandments for the sake of His glory.</p> <p>--St. Basil the Great</p>	<p>Prayer Come, O Blessed Spirit of Piety, possess their heart. Enkindle therein such a love for God, that we may find satisfaction only in His service, and for His sake lovingly submit to His authority. Grant the Gift of Piety so ...your intention goes here as Thou wouldst have it be. Amen.</p> <p>FOURTH DAY <i>Thou, in toil my comfort sweet; Thou, coolness in the heat; Thou, my solace in time of woe.</i></p> <p>SILENT REFLECTION – THE GIFT OF FORTITUDE By the gift of Fortitude the soul is strengthened against natural fear, and supported to the end in the performance of duty. Fortitude imparts to the will an impulse and energy which move it to undertake without hesitancy the most arduous tasks, to face dangers, to trample under foot human respect, and to endure without complaint the slow martyrdom of even lifelong tribulation. "He that shall persevere unto the end shall be saved."</p>
<p>THIRD GIFT OF THE HOLY SPIRIT: FORTITUDE</p> <p>The woman who stayed behind at the tomb to seek Christ was the only one who saw Him. For perseverance is essential to any good deed, as the Voice of truth tells us: "Whoever perseveres to the end will be saved" (Matthew 10:22).</p> <p>--Pope St. Gregory the Great</p>	<p>Prayer Come, O Blessed Spirit of Fortitude, uphold their soul in time of trouble and adversity, sustain their efforts after holiness, strengthen their weakness, give us courage against all the assaults of their enemies, that we may never be overcome and separated from Thee, our God and greatest Good. Grant that the Gift of Fortitude so ...your intention goes here as Thou wouldst have it be. Amen.</p>

<p>We ought to make some progress, however little, every day, and show some increase of fervor. We ought to act as if we were at war--as, indeed, we are-- and never relax until we have won the victory.</p> <p>--St. Teresa of Avila</p>	<p>FIFTH DAY <i>Light immortal, Light divine, Fire of Love, our hearts refine, our inmost being fill.</i></p> <p>SILENT REFLECTION – THE GIFT OF KNOWLEDGE The Gift of Knowledge enables the soul to evaluate created things at their true worth--in their relation to God. Knowledge unmask the pretense of creatures, reveals their emptiness, and points out their only true purpose as instruments in the service of God. It shows us the loving care of God even in adversity, and directs us to glorify Him in every circumstance of life. Guided by its light, we put first things first, and prize the friendship of God beyond all else. "Knowledge is a fountain of life to him that possesses it."</p>
<p>FOURTH GIFT OF THE HOLY SPIRIT: KNOWLEDGE</p> <p>If you desire to know . . . ask grace, not instruction; desire, not understanding; the groaning of prayer, not diligent reading; the Spouse, not the teacher; God, not man; darkness, not clarity; not light, but the fire that totally inflames and carries us into God by ecstatic unctons and burning affections.</p> <p>-- St. Bonaventure</p>	<p>Prayer Come, O Blessed Spirit of Knowledge, and grant that we may perceive the will of the Father; show them the nothingness of earthly things, that we may realize their vanity and use them only for Thy glory and their own salvation, looking ever beyond them to Thee and Thy eternal rewards. Grant the Gift of Knowledge so ...your intention goes here as Thou wouldst have it be. Amen.</p> <p>SIXTH DAY <i>Take Thy grace away and nothing pure within us will stay; all our good is turned to ill.</i></p>
<p>FIFTH GIFT OF THE HOLY SPIRIT: UNDERSTANDING</p> <p>No one is so foolish as not to believe that the things of the physical world are subject to someone's government, providence, and disposition, seeing that they are regulated according to a certain order and time. Thus we see the sun, the moon, and the stars and other parts of the physical world all holding a certain course, which would not happen if they were the sport of chance. For that reason, a man would be a fool not to believe in God.</p> <p>--St. Thomas Aquinas</p>	<p>SILENT REFLECTION – THE GIFT OF UNDERSTANDING Understanding, as a gift of the Holy Spirit, helps us to grasp the meaning of the truths of our holy religion. By faith we know them, but by Understanding we learn to appreciate and delight in them. It enables us to penetrate the inner meaning of revealed truths and through them to be quickened to newness of life. Our faith ceases to be sterile and inactive, but inspires a mode of life that bears eloquent testimony to the faith that is in us; we begin to "walk worthy of God in all things pleasing, and increasing in the knowledge of God"</p> <p>Prayer Come, O Spirit of Understanding, and enlighten their minds, that we may know and believe all the mysteries of salvation; and may merit at last to see the eternal light in Thy Light; and in the light of glory to have a clear vision of Thee and the Father and the Son. Grant us the Gift of Understanding so that ...your intention goes here as Thou wouldst have it be. Amen.</p> <p>SEVENTH DAY <i>Heal our wounds, our strength renew, on our dryness, pour Thy dew; wash guilt away,</i></p> <p>SILENT REFLECTION – THE GIFT OF COUNSEL The gift of Counsel endows the soul with supernatural prudence,</p>

<p>SIXTH GIFT OF THE HOLY SPIRIT: COUNSEL</p> <p>What am I without You, Lord, but a guide to my own downfall?</p> <p>--St. Augustine</p> <p>Let each one remember that he will make progress in all spiritual things only insofar as he rids himself of self-love, self-will, and self-interest.</p> <p>--ST. Ignatius Loyola</p>	<p>enabling it to judge promptly and rightly what must done, especially in difficult circumstances. Counsel applies the principles furnished by Knowledge and Understanding to the innumerable concrete cases that confront us in the course of our daily duty as parents, teachers, public servants, and Christian citizens. Counsel is supernatural common sense, a priceless treasure in the quest of salvation. "Above all these things, pray to the Most High, that He may direct your way in truth."</p> <p>Prayer Come, O Spirit of Counsel, help and guide them in all their ways, that we may always do Thy holy will. Incline their heart to that which is good; turn it away from all that is evil, and direct them by the straight path of Thy commandments to that ...your intention goes here as Thou wouldst have it be. Amen.</p> <p>EIGHTH DAY <i>Bend the stubborn heart, melt the frozen, warm the chill, and guide the steps that go astray.</i></p>
<p>SEVENTH GIFT OF THE HOLY SPIRIT: WISDOM</p> <p>What a sacred ignorance it is that loses sight of the wisdom and prudence of this age in order to learn the science and wisdom of the saints in the school of the Holy Spirit!</p> <p>--St. Paul of the Cross</p> <p>Among all human pursuits, the pursuit of wisdom is more perfect, more noble, more useful, and more full of joy.</p> <p>--St. Thomas Aquinas</p>	<p>SILENT REFLECTION – THE GIFT OF WISDOM Embodying all the other gifts, as charity embraces all the other virtues, Wisdom is the most perfect of the gifts. Of Wisdom it is written "all good things came to me with her, and innumerable riches through her hands." It is the gift of Wisdom that strengthens our faith, fortifies hope, perfects charity, and promotes the practice of virtue in the highest degree. Wisdom enlightens the mind to discern and delight in things divine, in the appreciation of which earthly joys lose their savor, while the Cross of Christ yields a divine sweetness according to the words of the Savior: "Take up your cross and follow me, for my yoke is sweet and my burden light."</p> <p>Prayer Come, O Spirit of Wisdom, and reveal to their soul the mysteries of heavenly things, their exceeding greatness, power and beauty. Teach us to love these heavenly things above and beyond all the passing joys and satisfactions of earth. Help us to attain them and possess them for ever. Grant the Gift of Wisdom so that t...your intention goes here as Thou wouldst have it be. Amen.</p>
	<p>NINTH DAY <i>Sevenfold gifts on us be pleased to pour, who Thee confess and Thee adore; bring us Thy comfort when we die; give us life with Thee on high; give us joys that never end. Amen.</i></p> <p>SILENT REFLECTION – THE FRUITS OF THE HOLY SPIRIT The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue more perfect. Such acts of virtue leave the heart filled with joy and consolation and are known as</p>



"Repent and believe the Good News!"

Penance means conversion. The Confraternity of Penitents is a world wide private Catholic association of the faithful, completely loyal to our Pope and the Magisterium.

Our Rule of Life has been reviewed by our bishop and recognized in these words: "this Rule does not contain

Fruits of the Holy Spirit. These Fruits in turn render the practice of virtue more attractive and become a powerful incentive for still greater efforts in the service of God, to serve Whom is to reign.

Prayer

Come, O Divine Spirit, fill their heart with Thy heavenly fruits, Thy charity, joy, peace, patience, benignity, goodness, faith, mildness, and temperance, **we may never weary in the service of God, but by continued faithful submission to Thy inspiration may merit to be united eternally with Thee in the love of the Father and the Son. Grant **us** all the Fruits of the Holy Spirit in super abundance so that **...your intention goes here** as Thou wouldst have it be. Amen.**

Conclude with:

PRAYER FOR THE SEVEN GIFTS OF THE HOLY SPIRIT

(To be recited on the conclusion of the Novena.)

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Thy work in the souls of Thy Apostles and Disciples, deign to grant the same Holy Spirit to **us so that the Holy Spirit may perfect in their soul, the work of Thy grace and Thy love. Grant **us** the Spirit of Wisdom that they may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten their mind with Thy divine truth, the Spirit of Counsel that they may ever choose the surest way of pleasing God and gaining heaven, the Spirit of Fortitude that they may bear their cross with Thee and that they may overcome with courage all the obstacles that oppose their salvation, the Spirit of Knowledge that they may know God and know themselves and grow perfect in the science of the Saints, the Spirit of Piety that they may find the service of God sweet and amiable, and the Spirit of Fear that they may be filled with a loving reverence towards God and may dread to displease Him in any way. Mark them, dear Lord with the sign of Thy true disciples, and animate them in all things with Thy Spirit so that **..your intention****

anything contrary to our faith; therefore it may be safely practiced privately by you or by anyone inclined to do so. .

. . His Excellency is appreciative of your efforts to live and promote Franciscan spirituality and especially promote the neglected practice of penance and he wishes you success" (January 30, 1998).

Members of the Confraternity of Penitents live this Rule in their own homes, devoted to prayer, penance, fasting, conversion, and works of mercy modeled on Jesus Christ and inspired by the lives and teachings of

St. Francis,

St. Dominic,

St. Therese,

St. Benedict,

St. Augustine,

St. Ignatius,

and all the saints, most especially Mary, the Mother of God, who lived a life of true penance (conversion) in perfect union with our Lord.

May Our Lady and all the saints intercede for all who wish to embrace a life of penance, anywhere in the world, so that the grace of God will assist them to obtain every virtue necessary for a life of holiness and surrender to the Will of God! Amen.

goes here as Thou wouldst have it be. Amen.

**PRAYER OF PENITENTS**

"Most High, Glorious God, enlighten the darkness of my mind, give me right faith, a firm hope and perfect charity, so that I may always and in all things act according to Your Holy Will. Amen." (Saint Francis's prayer before the San Damiano Crucifix)

MISSION OF PENITENTS

"Go and repair My House which, as you can see, is falling into ruin." (The message given to St. Francis in a voice from the San Damiano Crucifix.)

ACTION OF PENITENTS

To pray for God's specific direction in one's life so that, through humbly living our Rule of Life, each penitent may help to rebuild the house of God by bringing love of God and neighbor to his or her own corner of the world.