



*Send Forth your Spirit, O Lord!*

**PRAYERS AT HOME  
FOR A FRESH OUTPOURING  
OF THE HOLY SPIRIT**

**Preparing for Pentecost 2020**

## **What is Pentecost?**

The Feast of Pentecost is one of the most important feasts in the entire church year. It occurs fifty days after Easter Sunday and brings the Easter Season to a conclusion. The word Pentecost comes from the Greek word Πεντηκοστή meaning Fiftieth. There is a parallel Jewish feast of Shavu`ot, which falls fifty days after the Passover. Originally a harvest festival, Shavu`ot now commemorates the gift of the Torah to Moses on Mount Sinai.

For Christians, Pentecost celebrates the gift of the Holy Spirit to the Apostles, Mary, and the first followers of Jesus, who were gathered together in the upper room. It also marks the beginning of the Church: That day, empowered by the new gift of the Holy Spirit, the first followers of Jesus left the upper room to bring the Good News to the people gathered in Jerusalem. Through their words and witness, the first of generations of people became believers in Jesus Christ and were baptised into his Church.

## **Who is the Holy Spirit?**

The Holy Spirit is the third person of the Holy Trinity – God the Father, God the Son, God the Holy Spirit. The Holy Spirit is often seen in God’s outreach to the world. Present at creation and present at Jesus’ conception, the Spirit comes as a unique gift to Jesus’ followers on that first Pentecost day. Called by Jesus the “Advocate” or the “Helper”, the Holy Spirit empowers the Church to come to know, live and preach the message of Jesus and to work tirelessly to build the Kingdom of God “on earth as it is in heaven”.

## **What are the Gifts and Fruits of Holy Spirit?**

The Gifts of the Holy Spirit are Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Wonder and Awe in God’s Presence  
Fruits of the Holy Spirit are Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control.

## **Finding New Ways of Praying at Home**

The restrictions in place because of Covid-19 mean that as a Christian Community we cannot gather together for our usual religious services. This situation challenges us to find new ways of reflecting on our faith and praying in our homes. It is hoped that this guide will assist you in doing just that. When we gather again in Church let us not forget to enrich our spiritual lives by continuing to pray at home.

## **Broadcast Mass for Pentecost Sunday**

While nothing can substitute for gathering in person, we are blessed to live in a time when the Celebration of the Eucharist can be broadcast on radio or television or by means of the internet. This guide is also designed to help deepen your participation in those broadcasts and to assist you in getting the most out of them spiritually.

## **Prayer Space**

Catholicism has a long tradition of using images and symbols to help us to pray. One way of doing this is to set up a prayer space in a prominent place in your home. There, each day, you can place different symbols or things of meaning to you and your family. You might start by placing in the prayer space a Bible which contains God's Word.

## **Call to Action**

The presence of the Holy Spirit in our lives inspires us to live out in practice Jesus' teachings. During each of our three days of prayer there will be a call to action. To do something different or significant that puts the message of that particular day into practice.

## **Safety**

This guide is designed for use by a single household. All safety advice, including that for people cocooning within a household, should be adhered to. If using candles, please do so safely.

# Day I: Waiting for the Spirit

## Friday 29th May, 2020

### A Prayer Ritual at Home

Gather around the prayer space with the other members of your household. Place in the prayer space a bowl of water as a reminder of baptism – the day we became a Christian. Add pictures of family baptisms and an unlit baptismal candle(s) or one of the most beautiful candles you have in your house. These candles should remain unlit until Pentecost Day.

For the ritual action (below) prepare a small glass or cup to symbolise drawing anew the life-giving presence of the Spirit.

### As We Begin to Pray

Pause in silence for a moment to become aware of God's presence

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

### Opening Prayer

Heavenly Father, today we begin three days of prayer as we await a fresh outpouring of the Holy Spirit this Pentecost. Help us to calm our minds and our hearts. Give us a greater appreciation of the wonders of the world around us, of our very existence and the blessing of family and friends. Renew in us a sense that we have been called by Jesus, baptised into his followers and commissioned to do some good in life. We ask this through Christ Our Lord, Amen.

### From Sacred Scripture - Acts of the Apostles

In my earlier work, *Theophilus*, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. While at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is', he had said, 'what you have heard me speak about: John baptised with water but, not many days from now, **you are going to be baptised with the Holy Spirit.** (*Acts 1*)

## Reflection

More than a century ago, a great sailing ship was stranded off the coast of South America. Week after week the ship lay there in the still waters with not a hint of a breeze. The captain was desperate; the crew was dying of thirst. And then, on the far horizon, a steamship appeared, headed directly toward them. As it drew near, the captain called out, "We need water! Give us water!" The steamship replied, "Lower your buckets where you are." The captain was furious at this cavalier response but called out again, "Please, give us water." But the steamer gave the same reply, "Lower your buckets where you are!" And with that they sailed away! The captain was beside himself with anger and despair, and he went below. But a little later, when no one was looking, a yeoman lowered a bucket into the sea and then tasted what he brought up: It was perfectly sweet, fresh water! For you see, the ship was just out of sight of the mouth of the Amazon. And for all those weeks they had been sitting right on top of all the fresh water they needed! What we are really seeking is already inside us, waiting to be discovered, waiting to be embraced: The Holy Spirit of God, living within us from the moment of our Baptism. The Holy Spirit is saying to us at this very moment from deep in our heart, "Lower your buckets where you are. Taste and see!" Come, Holy Spirit! Fill our hearts and set us on fire! Amen. *(Rev. Antony Kadavil)*

## Ritual Action

To the prayer space, add a glass or cup to symbolise drawing anew from the life-giving presence of the Spirit.

## Intercessions

We take a moment to bring before God our needs and the needs of the world at this time:

We pray for all people in this time of Pandemic; we pray for those who are sick because of Covid-19; those who have died and their families.

We pray for our medical staff; our priests; our political leaders; our scientists.

We pray in particular for a fresh outpouring of the Holy Spirit this Pentecost – that the Holy Spirit will dwell anew in our hearts and bring to our lives the gifts and fruits of his presence.

Add your own intercessions at this time.

Lord, in your mercy. Hear our prayer.

## **Our Father ...**

### **Prayer**

Let us Pray (Pause for Silent Prayer)

Send forth your Spirit, O Lord and renew the face of the earth.

Come Holy Spirit. Make our ears to hear. Make our eyes to see. Make our mouths to speak. Make our hearts to seek. Make our hands to reach out and touch the world with your love. Amen

### **Blessing**

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

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

### **Call to Action**

Read a little more of Acts of the Apostles from the Bible. Begin to think about how the Holy Spirit might work in your life. Put a red ribbon or a cut-out of a dove on your door to show to others you are preparing for Pentecost. Post a picture of your prayer space on social medial or share this prayer service.



# Additional Prayers to the Holy Spirit

## Prayer during the Sacrament of Confirmation

All-powerful God,  
Father of our Lord Jesus Christ,  
by water and the Holy Spirit  
you freed your sons and daughters from sin and gave them new life.  
Send your Holy Spirit upon them  
to be their helper and guide.  
Give them the spirit of wisdom and understanding,  
the spirit of right judgement and courage,  
the spirit of knowledge and reverence.  
Fill them with the spirit of wonder and awe in your presence.  
We ask this through Christ our Lord. Amen.



## **Prayer to the Holy Spirit**

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.

## **Sequence of Pentecost**

Holy Spirit, Lord of Light,  
From the clear celestial height.  
Thy pure beaming radiance give.  
Come, thou Father of the poor,  
Come, with treasures which endure;  
Come, thou Light of all that live!  
Thou, of all consolers best,  
Thou, the soul's delightful guest,  
Dost refreshing peace bestow.  
Thou in toil art comfort sweet;  
Pleasant coolness in the heat;  
Solace in the midst of woe.  
Light immortal, Light divine,  
Visit thou these hearts of thine,  
And our inmost being fill.  
If thou take thy grace away,  
Nothing pure in man will stay;  
All his good is turned to ill.  
Heal our wounds, our strength renew;  
On our dryness pour thy dew,  
Wash the stains of guilt away.  
Bend the stubborn heart and will;  
Melt the frozen, warm the chill;  
Guide the steps that go astray.  
Thou, on us who evermore  
Thee confess and thee adore,  
With thy sevenfold gifts descend.  
Give us comfort when we die;  
Give us life with thee on high;  
Give us joys that never end.  
Amen. Alleluia.



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