



*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 II: Praying for the Spirit

## Vigil of Pentecost

### Saturday 30th May, 2020

#### A Prayer Ritual at Home

Gather around the prayer space with the other members of your household. For the ritual action (below) prepare a piece of paper with the words “Come Holy Spirit”. If there are children in your house get them to draw the words and decorate them.

#### 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, on our Confirmation day we received the Holy Spirit as a great gift. Renew in us a greater appreciation of the enlightening and guiding presence of the Holy Spirit in our lives, in our Church and in our world.

We implore you to fill afresh our hearts with the fire of the Holy Spirit and kindle in them the power of your love. We make this prayer, through Christ Our Lord, Amen.

#### From Sacred Scripture - Acts of the Apostles

He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, **but you will receive the power of the Holy Spirit which will come on you, and then you will be my witnesses** not only in Jerusalem but throughout Judaea and Samaria, and indeed to earth's remotest end.' As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky as he went, when suddenly two men in white were standing beside them, and they said, 'Why are you Galileans standing here looking into the sky? This Jesus who has been taken up from you into heaven will come back in the same way as you have seen him go to heaven.' So from the Mount of Olives, as it is called, they went back to

Jerusalem, a short distance away, no more than a Sabbath walk; and when they reached the city they went to the upper room where they were staying; there were Peter and John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus and Simon the Zealot, and Jude son of James. With one heart all these joined constantly in prayer, together with some women, including Mary the mother of Jesus, and with his brothers. (*Acts 1*)

## Reflection

The Spirit frees hearts chained by fear. He overcomes all resistance. To those content with half measures he inspires whole-hearted generosity. He opens hearts that are closed. He impels the comfortable to go out and serve. He drives the self-satisfied to set out in new directions. He makes the lukewarm thrill to new dreams. That is what it means to change hearts. Plenty of people promise change, new beginnings, prodigious renewals, but experience teaches us that no earthly attempt to change reality can ever completely satisfy the human heart. Yet the change that the Spirit brings is different. It does not revolutionise life around us, but changes our hearts. It does not free us from the weight of our problems, but liberates us within so that we can face them. It does not give us everything at once, but makes us press on confidently, never growing weary of life. The Spirit keeps our hearts young – a renewed youth. Youth, for all our attempts to prolong it, sooner or later fades away; the Spirit, instead, prevents the only kind of aging that is unhealthy: namely, growing old within. How does he do this? By renewing our hearts, by pardoning sinners. Here is the great change: from guilty he makes us righteous and thus changes everything. From slaves of sin we become free, from servants we become beloved children, from worthless worthy, from disillusioned filled with hope. By the working of the Holy Spirit, joy is reborn and peace blossoms in our hearts. (*Pope Francis, Homily for Pentecost 2018*)

## Ritual Action

Add to the prayer space the piece of paper with the words “Come Holy Spirit”

## Intercessions

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

We pray for ourselves and our families that we may be more conscious of the presence of God in our lives and that we may be more open to being guided by the Holy Spirit.

We pray, in particular, for those who find faith and life difficult; those who, at this time, are in difficulty of any kind; those who need the guidance that the Spirit brings.

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 the surface 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**

Take some time to make a list of things in your life that you need to open up to the Holy Spirit. Fast from something today – to create space in your life for the coming of the Holy Spirit. Start a conversation about the Holy Spirit. Post this service or a picture of your prayer space on social media.

# 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.



Prepared by the Diocese of Clonfert and the Diocese of Elphin  
(May 2020)