

31 Days Spiritual Journey with the Holy Spirit

Second Part Organised by Fr. Sanctus Mario Okey

Spiritual Journey With the Holy Spirit of God 17th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us
Spirit of truth and wisdom, Have mercy on us
Spirit of holiness and justice, Have mercy on us
Spirit of understanding and counsel, Have mercy on us
Spirit of love and joy,
Have mercy on us
Spirit of peace and patience,
Have mercy on us
Spirit of longanimity and meekness,
Have mercy on us
Spirit of benignity and goodness,
Have mercy on us
Love substantial of the Father and the Son,
Have mercy on us
Love and life of saintly souls,
Have mercy on us
Fire ever burning,
Have mercy on us
Living water to quench the thirst of hearts,
Have mercy on us
From all evil,
Deliver us, O Holy Spirit.
From all impurity of soul and body,
Deliver us, O Holy Spirit.
From all gluttony and sensuality,
Deliver us, O Holy Spirit.
From all attachments to the things of the earth,
Deliver us, O Holy Spirit.

From all hypocrisy and pretense,

Deliver us, O Holy Spirit.

From all imperfections and deliberate faults,

Deliver us, O Holy Spirit.

From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbors,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Consoler.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 17th Day

In Zechariah 4:1-14, God sends Zechariah a message to Zerubbabel to believe in His power. Zerubbabel was the civic leader of Jerusalem. He had the responsibility to finish the work of rebuilding the temple. But because of many challenges, the work stalled.

Then, Zerubbabel became discouraged because he needed resources and encouragement to continue the work. As Zerubbabel was looking for the human resources, might or power to continue his work, God sent Zechariah to tell him that it is not by might nor by power but by the Spirit of God (Zechariah 4:6). Hence, with the continual supply of the resources that come from the Holy Spirit, every mountain will fall before Zerubbabel (Zechariah 4:7).

Therefore, to conquer great difficulties, lack, challenges and problems, we should not depend only on our human strength and power. We need the Spirit of God. He is the one who makes everything possible. The necessary resource for God's work is the Holy Spirit and God promises Zerubbabel a rich resource through His Spirit to accomplish His work.

Holy Spirit my God, give me the grace to always rely on You. Henceforth, I promise not to depend entirely on my power or trust only on what I can do. I regret all the times I thought I could do all things even without You. I regret all the times I depended on my fellow human beings to provide me with what I need in life. My life henceforth depends on you. I believe that everything is possible only through you. May we enjoy the riches, the graces, inspiration and wisdom that come from you. You gave life to dead bones in Ezekiel 37:1-14, give me life again, especially as I battle through these problems that weigh me down (mention your intentions). Help me O Spirit of God that I may never lose hope in You again. Amen

Psalms 23, 51, 35, 91, 86, 100

Read Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 18th Day

Invocation of the Holy Spirit

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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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

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Spirit of love and joy,

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Spirit of peace and patience,

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Spirit of longanimity and meekness,

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Spirit of benignity and goodness,

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Fire ever burning,

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Living water to quench the thirst of hearts,

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Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 18th Day

The eleventh chapter of the book of Isaiah in talking about the Messiah talks about a shoot that will rise from the stump of Jesse. It says "And the Spirit of the Lord will rest upon Him. the Spirit of wisdom and understanding, Spirit of Counsel and of might, Spirit of knowledge and fear of the Lord and He will delight in the fear of the Lord.

Therefore the Spirit of the Lord gives wisdom, understanding, counsel, fortitude, knowledge and fear of the Lord. In essence when we truly walk with the Spirit of the Lord, we shall be filled with these seven gifts from God. When the Spirit of the Lord truly rests upon us, the way we live our lives will totally change, we shall be filled with great wisdom, knowledge and strength to undergo even persecutions, our lives will be filled with courage, For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline (2 Timothy 1:7). This is why prophet Micah boasted against the diviners of his time that He does not speak out of fear. He says “But as for me, I am filled with power, with the Spirit of the LORD, and with justice and might, to declare to Jacob his transgression, to Israel his sin” (Micah 3:8).

Therefore, when the spirit of God truly dwells in us, fear will go into extinction, we shall then be filled with courage, boldness, wisdom, understanding and divine knowledge, and what God loves will be our delight to do.

Holy Spirit, As I walk through this long journey with you, fill me with your gifts. Bless me with wisdom, understanding, Counsel, fortitude, knowledge and fear of the Lord. Help me to stand strong in faith no matter the tide against me. Teach Me to do the will of God and inspire me to understand the mysteries of the kingdom. Enlighten my mind to defend my faith despite the opposition that comes against me. Today I present my intentions to your mighty presence (mention your intentions). I believe that you will deliver me.

Psalms 23, 51, 35, 91, 86, 100

Read the Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 19th Day

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Let Us Pray

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Meditation of the 19th Day

While the discussion between Jesus and Nicodemus was going on In John 3, Jesus makes a statement about the Holy Spirit that truly satisfies our hunger for Him. Jesus says "For the one whom God has sent speaks the words of God, for God gives the Spirit without limit (John 3:34). Therefore, God always wants to give us His Spirit without limit. In Luke 11:13, Jesus says "So if you who are evil know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask Him!"

So, as we seek the abiding presence of the Holy Spirit, do not take Him as one who will not come to you nor answer your prayers. He is always willing, if we can seek Him with all our hearts.

O Divine Spirit of God I need your abiding presence everywhere I go and in whatever I do. With you I have nothing to fear nor worry. I will never lose hope seeking you with all my heart. I believe that you are already there with me, doing a mighty thing in my life. Fill me with heavenly gifts, inspire me always and never depart from me. Please hearken to my cry as I pour down my spirit before you. These are the problems that keep putting me in worry and depression (mention your intentions). Thank You Holy Spirit.

Psalms 23, 51, 35, 91, 86, 100

Read the Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 20th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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forgive us.

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have pity on us.

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Make the fruits of the Holy Spirit increase within us.

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Let Us Pray

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Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 20th Day

After the temptation of Jesus, Jesus returned to Galilee in the power of the Holy Spirit and went to Nazareth, where He was raised up. On the Sabbath day, He entered the synagogue, and the scroll of the prophet Isaiah was handed to him. Unrolling it, He found the place where it is written: "The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim

the year of the Lord's favour. When He rolled the scroll He said to them, "Today this scripture is fulfilled in your hearing (Luke 4:14-21).

Therefore, it is the Holy Spirit that empowered the ministry of Jesus. Everything that Jesus did was through the power of the Holy Spirit. Here, also shows the oneness of God, for in God there is no division.

Holy Spirit my beloved God, you empowered Jesus to bring good news to the poor, solace to the captives and freedom to the oppressed and year of God's favour.

I need that total freedom that comes from Jesus. May I be a partaker of the salvation that comes through Him. Count me in as one of those to be set free this year. Set me free from those who oppress me . Set me free from anything that is bringing me down or causing my downfall.

Set me free from every family curse. Set me free from everything that is making me lose faith in God. Set me free from any person behind my ordeals in life.

You empowered Jesus to declare the year of favour to God's children, please may this favour never pass me by. You empowered Jesus to bring good news to the poor. I stand before you as your humble child to tell you that I am also seriously in need (mention your intentions). May I be part of this freedom, good news, open doors and favours that come through you. Thank you Holy Spirit.

Psalms 23, 51, 35, 91, 86, 100

Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 21st Day

Invocation of the Holy Spirit

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Meditation of the 21st Day

Judges chapter 14 tells us the story of how Sampson tore a lion into pieces with a bare hand. Samspon was on His way to Timnah to meet the woman that he wants to marry. Suddenly a lion comes from nowhere towards him to devour him. The bible says that

immediately the lion draws near sampson to pounce on him, the Spirit of God immediately possessed Sampson that he tore the lion into pieces with a bare hand. Therefore, this tells us that the strength to do the unimaginable comes through the Holy Spirit. The Strength to conquer the lions that comes to feed on our destiny , comes from the Holy Spirit. The strength to conquer every spiritual lion comes from the Spirit of God. Therefore we need the Holy Spirit to give us the strength to walk through the challenges of life and come out victorious.

O Holy Spirit my beloved saviour, save me from those who attack me spiritually. Save me from deadly and spiritual lions that work behind the scenes to pull me down. Save me from backbiters and friends who work behind my back. As you possessed Sampson today to tear the lion into pieces, Give me the power to have victory over any spiritual or physical attack. Deliver me from any demonic and spiritual possession. I declare to be free today from any covenant I may have made with the devil knowingly or unknowingly. Deliver me from any death traps and give me the freedom that belongs to the children of God. Today I come to you with these intentions (mention your intention), that you will hear and save me. Thank you Holy spirit.

Psalms 23, 51, 35, 91, 86, 100

Read the Breakfast with the Word

End the day with the song of the Holy Spirit

Spiritual Journey With the Holy Spirit of God 22nd Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,
Have mercy on us
Spirit of peace and patience,
Have mercy on us
Spirit of longanimity and meekness,
Have mercy on us
Spirit of benignity and goodness,
Have mercy on us
Love substantial of the Father and the Son,
Have mercy on us
Love and life of saintly souls,
Have mercy on us
Fire ever burning,
Have mercy on us
Living water to quench the thirst of hearts,
Have mercy on us
From all evil,
Deliver us, O Holy Spirit.
From all impurity of soul and body,
Deliver us, O Holy Spirit.
From all gluttony and sensuality,
Deliver us, O Holy Spirit.
From all attachments to the things of the earth,
Deliver us, O Holy Spirit.
From all hypocrisy and pretense,
Deliver us, O Holy Spirit.
From all imperfections and deliberate faults,
Deliver us, O Holy Spirit.

From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbors,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counselor.

Lamb of God, Who takest away the sins of the world,
Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,
Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 22nd Day

Every gift that we have comes from the Spirit of God. The Spirit gives these gifts freely.

Speaking about this Saint Paul writes in 1 Corinthians 12:4-11 “There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good.

To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.

Therefore, every gift that we have is meant for the service of the Lord and building up of the Church and not for competition. Also to have these gifts can only be possible through the anointing power of the Holy Spirit.

Holy Spirit the giver of gifts, I have come to your presence today to plead that you give me these gifts (mention the gifts), if it is by your will. I am prepared to work for you especially in touching lives and conversion of souls. I promise to use them to bring back souls to you.

Make me an instrument of peace to those homes broken with division and quarrel. Make me an instrument of healing to people who are spiritually, psychologically, emotionally and physically sick, make me an instrument of faith that I will use my time and life to strengthen souls who may have lost hope in God. This is the reason I continue to come to you with these needs of mine (present your intention). Today I present these problems to your presence, so that you listen to me and help me. Thank You Holy Spirit.

Psalms 23, 51, 35, 91, 86, 100

Read Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 23rd Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

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Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us
Spirit of peace and patience,
Have mercy on us
Spirit of longanimity and meekness,
Have mercy on us
Spirit of benignity and goodness,
Have mercy on us
Love substantial of the Father and the Son,
Have mercy on us
Love and life of saintly souls,
Have mercy on us
Fire ever burning,
Have mercy on us
Living water to quench the thirst of hearts,
Have mercy on us
From all evil,
Deliver us, O Holy Spirit.
From all impurity of soul and body,
Deliver us, O Holy Spirit.
From all gluttony and sensuality,
Deliver us, O Holy Spirit.
From all attachments to the things of the earth,
Deliver us, O Holy Spirit.
From all hypocrisy and pretence,
Deliver us, O Holy Spirit.
From all imperfections and deliberate faults,
Deliver us, O Holy Spirit.
From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counselor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 23rd Day

At a time in the Church of Corinth, many people argue that they can do anything with their body, since it will one day die and decay. So, for them it doesn't really matter what they do with their body, as many Christians are doing today. Many people believe this and they indulge in many acts of sexual impurity. Paul confronts the Christians at the church in Corinth who believe such erroneous views. This is because many of them believe that the body is just a matter and can be used anyhow, and it's only the spirit in us that matters, they would say. They thought they could live anyhow they wanted (1

Corinthians 6:12–13). Paul rejects these teachings and emphasises to them that the body is where the Holy Spirit dwells. Therefore, the body is the temple of the Holy Spirit.

What we have to know is that the idea that our bodies don't matter is ultimately false. A Christian's body is where the Holy Spirit lives. Paul says “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies. (1 Cor 6:19-20). In a sense, our bodies are like temples, and holy places that the Spirit of God dwells.

Holy Spirit my God, I give myself entirely to you. My body, spirit, soul and mind belong to you. Help me to run away from any form of immorality. Cleanse my heart, my body, my entire being, so that you can have a worthy dwelling in me. May this spiritual encounter that I am having with you change and renew me entirely , so that I will begin to live a new life. I have a lot of problems that keep drawing me back away from you. I present them to you (mention your intention), asking that you listen to my cry. Thank you Holy Spirit

Psalms 23, 51, 35, 91, 86, 100

Read the Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 24th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us

Spirit of peace and patience,

Have mercy on us

Spirit of longanimity and meekness,

Have mercy on us

Spirit of benignity and goodness,

Have mercy on us

Love substantial of the Father and the Son,

Have mercy on us

Love and life of saintly souls,

Have mercy on us

Fire ever burning,

Have mercy on us

Living water to quench the thirst of hearts,

Have mercy on us

From all evil,

Deliver us, O Holy Spirit.

From all impurity of soul and body,

Deliver us, O Holy Spirit.

From all gluttony and sensuality,

Deliver us, O Holy Spirit.

From all attachments to the things of the earth,

Deliver us, O Holy Spirit.

From all hypocrisy and pretence,

Deliver us, O Holy Spirit.

From all imperfections and deliberate faults,

Deliver us, O Holy Spirit.

From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counselor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations.

In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 24th Day

In Matthew 3:13-17, Jesus came from Galilee to Jordan to be baptised by John. As soon as Jesus was baptised, He went up out of the water. At that moment the heaven

was opened, and he saw the Spirit of God descending like a dove and alighting on Him. And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased. Jesus received openly the assurance of the Father and empowerment by the Holy Spirit. The Father poured upon him the Holy Spirit, through whose power He would carry out His messianic work.

Therefore, the Divine empowerment to work for God comes from the Holy Spirit. Psalm 62:11 says that power comes from God. Therefore, to be divinely empowered means that the source of your power, strength and inspiration in which you are working are coming from God. When such things happen, the things that may seem impossible to you, become possible through the grace of God and the effort that you make. When you are divinely empowered, where others go and fail, you will go there and succeed. People who come in contact with you will notice that there is a mighty Being living in you which no one can withstand.

O my beloved Holy Spirit, I approach your Divine majesty my Lord seeking that you also empower me. Empower me so that I would also become God's beloved, that everything I do will become pleasing in the sight of God.

Give the grace to always remain connected to you to receive that divine energy that comes from you alone. I need the power to live a good life. I need the power to break away and overcome all my evil addictions. I need the power to overcome the spirit of unforgiveness in me, to overcome all worldly desires and to overcome all difficult situations in my life, especially in these situations (mention your intention). I believe that you will hear my cry. Thank you Holy spirit.

Psalms 23, 51, 35, 91, 86, 100.

Read the Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 25th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us

Spirit of peace and patience,

Have mercy on us

Spirit of longanimity and meekness,

Have mercy on us

Spirit of benignity and goodness,

Have mercy on us

Love substantial of the Father and the Son,

Have mercy on us

Love and life of saintly souls,

Have mercy on us

Fire ever burning,

Have mercy on us

Living water to quench the thirst of hearts,

Have mercy on us

From all evil,

Deliver us, O Holy Spirit.

From all impurity of soul and body,

Deliver us, O Holy Spirit.

From all gluttony and sensuality,

Deliver us, O Holy Spirit.

From all attachments to the things of the earth,

Deliver us, O Holy Spirit.

From all hypocrisy and pretence,

Deliver us, O Holy Spirit.

From all imperfections and deliberate faults,

Deliver us, O Holy Spirit.

From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counsellor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations.

In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 25th Day

In John 3, a Pharisee named Nicodemus came to Jesus at night and said to him "Rabbi we know that you are a teacher who comes from God for no one could perform the signs that you are doing if God were not with him".

Immediately he said this, Jesus began to teach him.

Jesus says “unless one is born again, he cannot see the kingdom of God”. Maybe, Jesus is trying to answer what he was trying to say.

Nicodemus could not understand what Jesus was trying to say in the first place. He asked Him, “how can one be born when they are old? Because they cannot enter again the second time. Jesus then explains to him that unless one is born of water and Spirit, he cannot enter the kingdom of God. To live in the flesh gives birth to the flesh but to live in the spirit gives birth to the spirit. In a sense, the Holy Spirit is the secret of what Jesus is doing.

He tells Nicodemus “You should not be surprised with what I'm saying that you must be born again because the wind blows wherever it pleases. You hear its sound but you cannot tell where it comes from or where it is going. So is everyone that is born of the Spirit”.

Here, Jesus is talking of a new kind of rebirth, a kind of renewal, and a change that comes through the Holy Spirit. Therefore, one cannot see the kingdom of God, one cannot do the mighty works that He does if not through the Holy Spirit. Being born of the Spirit is not changing church but a total renewal and cleansing brought about by the anointing power of the Spirit.

Just as the wind blows where it pleases, such is like the one under the power of the Holy Spirit. He who is under the power of the Holy Spirit does what pleases God, and not what pleases Him. This is why God says in Ezekiel 36:25-27 “Moreover, I will give you a new heart and put a new spirit within you; and I will remove the heart of stone from your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances.”

Holy Spirit My sanctifier, give me a new heart and a new Spirit. Renew my life again. I have wandered in sin all this while. I have been ungrateful to God for all He has done and is doing for me. I have been very weak to pray. I have not lived up to expectations. I need a new life again. Live in me and possess me entirely. I want to live a good life.

May I be a light to those who walk in darkness. Please help me. Today I submit myself entirely to You, asking you to hear my cry on behalf of these intentions (mention your intentions). Thank You Holy Spirit.

Psalms 23, 51, 35, 91, 86, 100

Read Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 26th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

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Fire ever burning,
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Living water to quench the thirst of hearts,
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From all evil,
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From all impurity of soul and body,
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From all gluttony and sensuality,
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From all attachments to the things of the earth,
Deliver us, O Holy Spirit.
From all hypocrisy and pretence,
Deliver us, O Holy Spirit.
From all imperfections and deliberate faults,
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From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

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From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

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Most loving Father,

forgive us.

Divine Word,

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Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

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Send us the divine Counselor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

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Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

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Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 26th Day

Towards the end of the life of Moses, God instructed him to take Joshua son of Nun, and lay his hands on him. Then have him stand before Eleazar the priest and the entire assembly and commission him in their presence. The reason for this commissioning is that Joshua is already possessed by the Spirit of Leadership (Numbers 27:12-23). With the help of the Holy Spirit, Joshua was able to lead the people to the promised land. Also in Judges 3, the Spirit of God came upon Othniel to become Israel's judge .

Through the power of the Holy Spirit, Cushan-Rishathaim king of Aram, fell into the hands of Othniel, who overpowered him.

Therefore the Holy Spirit gives the anointing that makes us always victorious in everything that we do. To lead those under us effectively, we need the guidance of the Holy Spirit. To be a good teacher, leader, mother, father, and Guide, you need the help of the Spirit of God. He will lead you to the promised land. He will lead you to victory. He will lead you to success in life.

Divine Spirit of God, be with me. I have many challenges and problems that are surrounding me. Presently, I am confused and I do not know what to do. Lead me through them. Let my suffering and efforts not be in vain. My life and success are in your hands. As I present to you these intentions today (mention your intention), I have hope that I will reach my own destiny and destination in life. I believe that with your abiding presence, victory shall be mine.

Psalms 23, 51, 35, 91, 86, 100.

Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 27th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us
Spirit of peace and patience,
Have mercy on us
Spirit of longanimity and meekness,
Have mercy on us
Spirit of benignity and goodness,
Have mercy on us
Love substantial of the Father and the Son,
Have mercy on us
Love and life of saintly souls,
Have mercy on us
Fire ever burning,
Have mercy on us
Living water to quench the thirst of hearts,
Have mercy on us
From all evil,
Deliver us, O Holy Spirit.
From all impurity of soul and body,
Deliver us, O Holy Spirit.
From all gluttony and sensuality,
Deliver us, O Holy Spirit.
From all attachments to the things of the earth,
Deliver us, O Holy Spirit.
From all hypocrisy and pretence,
Deliver us, O Holy Spirit.
From all imperfections and deliberate faults,
Deliver us, O Holy Spirit.
From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Consoler.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 27th Day

Before Jesus goes into agony, He prepares His apostles and instructs them on what is going to happen to them. Despite the forthcoming agony, Jesus promises them not to be afraid. He will send them the paraclete who is going to be with them (John 14:16). Also in John 14:26-27 Jesus says "The Advocate, the Holy Spirit whom the Father will send In my name will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you".

The Greek word used here is Parakletos which literally means "one who is called or appealed to" (from para-kalein, "to call to one's assistance"). He is the one who is going to assist them during the time of their trials. The Holy Spirit will also be their teacher. He will teach and remind them of the things He taught them. He will also tell them what to say. In Luke 12:11-12, He says "When you are brought before synagogues, rulers and authorities, do not worry about how you will defend yourselves or what you will say, for the Holy Spirit will teach you at that time what you should say.

Therefore, the Holy Spirit is our teacher, helper, counselor, advocate, intercessor and defender. He is our protector in the time of trials, our animator, and guide.

My Beloved Paraclete, I have come to you for assistance during this time of trials. Teach me what to do. Inspire me with the ideas on how to conquer my trials and come out of these challenges. Be my advocate and defender. Protect me from those who do not want to see anything good in my life. Protect me from people who pretend to be my friends but they are not and teach me how to obey God even in the time of great challenges. Coming to you in tears, I plead you to do these for me (mention your intentions). Thank You Holy Spirit.

Psalms 23, 51, 35, 91, 86, 100

Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 28th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us
Spirit of peace and patience,
Have mercy on us
Spirit of longanimity and meekness,
Have mercy on us
Spirit of benignity and goodness,
Have mercy on us
Love substantial of the Father and the Son,
Have mercy on us
Love and life of saintly souls,
Have mercy on us
Fire ever burning,
Have mercy on us
Living water to quench the thirst of hearts,
Have mercy on us
From all evil,
Deliver us, O Holy Spirit.
From all impurity of soul and body,
Deliver us, O Holy Spirit.
From all gluttony and sensuality,
Deliver us, O Holy Spirit.
From all attachments to the things of the earth,
Deliver us, O Holy Spirit.
From all hypocrisy and pretence,
Deliver us, O Holy Spirit.
From all imperfections and deliberate faults,
Deliver us, O Holy Spirit.
From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counselor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 28th Day

Ezra said of God, "You gave your good Spirit to instruct them" (Nehemiah 9:20). In the Old testament many believers were enabled by the Spirit to understand what God said to them, especially through the words of the prophets—even if they refused to listen (Nehemiah 9:30).

In other instances, the Spirit gave instruction to individuals. For example, David gave his son Solomon the plans for the temple “that the Spirit had put in his mind” (1 Chronicles 28:10-12).

The Spirit gave God’s people understanding (Job 32:8). The psalmist wanted to know God’s will, and he asked the Lord to allow His “gracious Spirit” to lead him to firm footing (Psalm 143:10).

O Holy Spirit come into my heart., instruct me always and help me as your child. I come to you again to thank you for all I have received. Save me always. Please help me with these requests (mention your intentions).

Psalms 23, 51, 35, 91, 86, 100.

Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 29th Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us

Spirit of peace and patience,

Have mercy on us

Spirit of longanimity and meekness,

Have mercy on us

Spirit of benignity and goodness,

Have mercy on us

Love substantial of the Father and the Son,

Have mercy on us

Love and life of saintly souls,

Have mercy on us

Fire ever burning,

Have mercy on us

Living water to quench the thirst of hearts,

Have mercy on us

From all evil,

Deliver us, O Holy Spirit.

From all impurity of soul and body,

Deliver us, O Holy Spirit.

From all gluttony and sensuality,

Deliver us, O Holy Spirit.

From all attachments to the things of the earth,

Deliver us, O Holy Spirit.

From all hypocrisy and pretence,

Deliver us, O Holy Spirit.

From all imperfections and deliberate faults,

Deliver us, O Holy Spirit.

From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counsellor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations. In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 29th Day

In 1 Corinthians 2:10, Paul writes "These things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God."

The Holy Spirit knows the will of God for us. He knows the reason everything is happening to us. He knows God's plan for our future. He is the seat of Knowledge. He knows and searches the depths of God and then reveals to us the ways of the heavenly Father. He also knows what God has in store for us. He desires to teach us what to do so as not to make mistakes. The Holy Spirit knows what any person is thinking or planning for or against us. This is the reason we cannot do without Him. He knows and explains to us mysteries that we do not know. He blesses us with wisdom if we ask Him. Trust the Holy Spirit. He does not disappoint.

O Divine Spirit I believe you know every secret about me. You know every plan God has for me. You know my future more than I do. Please I depend on you to be my guide. Always reveal to me the cause of my problems and downfall. Inspire me whenever I am in need. Give me your grace always. Draw me back whenever I am tempted to go astray and lead me to do the will of God always. I submit my life, my soul and my entire being into your hands. Please do not allow my enemies to have victory over me. I am so worried and this is the reason I come to you today with these intentions (mention your intention). I believe that you will not disappoint. So, help me my beloved.

Psalms 23, 51, 35, 91, 86, 100

Breakfast with the Word

End with Special Song to the Holy Spirit

Spiritual Journey With the Holy Spirit of God 30th and Final Day

Invocation of the Holy Spirit

In the name of the Father and of the Son and of the Holy Spirit. Amen

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. (or Come Holy Spirit Song Song)

Daily rosary, any decade you want.

Litany of the Holy Spirit (to replace the litany of the Blessed Virgin Mary)

Lord, have mercy on us- Lord, have mercy on us.

Christ , have mercy on us- Christ Have mercy on us

God the Father of Heaven, Have mercy on us.

God the Son, Redeemer of the world, Have mercy on us.

God the Holy Spirit, Have mercy on us.

Holy Trinity, One God, Have mercy on us.

Divine Essence, one true God, Have mercy on us

Spirit of truth and wisdom, Have mercy on us

Spirit of holiness and justice, Have mercy on us

Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

Have mercy on us

Spirit of peace and patience,

Have mercy on us

Spirit of longanimity and meekness,

Have mercy on us

Spirit of benignity and goodness,

Have mercy on us

Love substantial of the Father and the Son,

Have mercy on us

Love and life of saintly souls,

Have mercy on us

Fire ever burning,

Have mercy on us

Living water to quench the thirst of hearts,

Have mercy on us

From all evil,

Deliver us, O Holy Spirit.

From all impurity of soul and body,

Deliver us, O Holy Spirit.

From all gluttony and sensuality,

Deliver us, O Holy Spirit.

From all attachments to the things of the earth,

Deliver us, O Holy Spirit.

From all hypocrisy and pretence,

Deliver us, O Holy Spirit.

From all imperfections and deliberate faults,

Deliver us, O Holy Spirit.

From our own will,

Deliver us, O Holy Spirit.

From slander,

Deliver us, O Holy Spirit.

From deceiving our neighbours,

Deliver us, O Holy Spirit.

From our passions and disorderly appetites,

Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,

Deliver us, O Holy Spirit.

From despising little things,

Deliver us, O Holy Spirit.

From debauchery and malice,

Deliver us, O Holy Spirit.

From love of comfort and luxury,

Deliver us, O Holy Spirit.

From wishing to seek or desire anything other than Thee,

Deliver us, O Holy Spirit.

From everything that displeases Thee,

Deliver us, O Holy Spirit.

Most loving Father,

forgive us.

Divine Word,

have pity on us.

Holy and divine Spirit,

leave us not until we are in possession of the Divine Essence, Heaven of heavens.

Lamb of God, Who takest away the sins of the world,

Send us the divine Counselor.

Lamb of God, Who takest away the sins of the world,

Fill us with the gifts of Thy Spirit.

Lamb of God, Who takest away the sins of the world,

Make the fruits of the Holy Spirit increase within us.

V. Come, O Holy Spirit, fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

V. Send forth Thy Spirit and they shall be created,

R. And Thou shalt renew the face of the earth.

Let Us Pray

God, Who by the light of the Holy Spirit instructed the hearts of the faithful, grant us by the same Spirit to be truly wise and ever to rejoice in His consolation. Through Jesus Christ Our Lord, Amen.

Prayer to the Holy Spirit

Holy Spirit, you who makes me see everything and shows me the way to reach my ideal, you who gives me the divine gift to forgive and forget all the wrong that is done to me and you who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything, and affirm once more that I never want to be separated from you no matter how great the material desires may be. I want to be with you and my loved ones in your perpetual glory. Forgive and sanctify me from all the sins I have committed against God. Give me the grace to conquer my temptations.

In Your feet I come today seeking forgiveness and more relationship with You. To that end and submitting to God's holy will, I ask from you..(mention your favour). Believing in your loving and merciful heart, please grant me these favours, Amen.

Meditation of the 30th Day

Narrating the event of the descent of the Holy Spirit, Luke writes "When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.

Therefore, the significant things that happened on the pentecost day which marked the descent of the Holy Spirit on the apostles are : the coming of the wind, Luke says that this wind came down from heaven and filled the entire house where they were staying.

Then, there were tongues of fire which rested on the apostles and they spoke in other languages. They were filled with the Spirit of God.

The wind blows away everything evil and makes them new. At creation God breathed in Man, So, the wind was a moment of recreation.

The tongues of fire signifies that a time of change has come. Fire changes whatever that is placed on it. Finally, speaking in different languages signifies the mission of the Holy spirit and the oneness of the church. The mission is not only for the jews but also for the people of other nations. Therefore, when the Holy spirit dwells in us, there must be a change.

My Beloved Spirit of God, today is the last day of this beautiful journey with you. What I pray for today is to be filled with your presence in my life. Descend on me as you did on the day of Pentecost . I need total renewal. Change me like you changed Peter. Give me the Spirit of courage like you gave the apostles. Give me the strength to remain joyful even in suffering the way the apostles did. Blow away everything evil and immoral in me and recreate me again.

Sanctify me and live in me that I may continue to do the will of God. Transform me entirely my beloved. May this beautiful journey transform my entire life. I place before your mighty presence these problems (mention your intentions), believing entirely that you have heard me. Thank you Holy Spirit. Thank you my love, thank you for everything you have done for me. Please do not abandon me. My relationship with you continues.

(On this day or the next, meet a priest to lay hands on you)

Psalms 23, 51, 35, 91, 86, 100.

Breakfast with the Word

End with Special Song to the Holy Spirit

N/B. The Journey ends today.

This Spiritual Journey goes with thanksgiving in honour of the Holy Spirit of God. Do the thanksgiving as your Spirit directs. You can offer to the poor, at the parish or through the spiritual director/platform that led you through the journey.

Priestly blessing is on 31st. God bless you for the wonderful journey.