

# **31 Days Spiritual Journey with the Holy Spirit of God**

**Arranged and Organised by Fr. Sanctus Mario Okey**

## **31 Days Spiritual Journey with the Holy Spirit of God 1st 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)**

**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 First Day**

In Luke 1:26-38, the Angel Gabriel was sent to Mary to announce the good news of the birth of the Messiah who is to come. When the Angel Gabriel relates to Mary that she is going to bear a Son who is going to reign over Jacob's descendants forever, and save them from Sin. The Blessed Virgin Mary asks the angel how this can be possible. The Angel Gabriel then assures her that how it can be possible is

through the power of the Holy Spirit for nothing is impossible for God (Luke 1:37).

O Holy Spirit my Lord, through this revelation from the angel, we know and understand that you are the doer and solver of every impossible case. Save me from this problem (**mention your intention**). Which has kept me worried and depressed. Inspire me, save me and lead me through life challenges and never forsake me, My Lord.

**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 2nd 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

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Have mercy on us

Spirit of longanimity and meekness,

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Spirit of benignity and goodness,

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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 2nd Day**



Before the creation of the world, the earth was empty, formless, void and nothing. Darkness filled the empty realms. The book of Genesis 1:2 tells us that at this time that the Spirit of God was hovering over the waters. The psalmist proclaims "You send forth Your Spirit, they are created and You renew the face of the ground. (Psalm 104:30). Therefore, in this total emptiness and void, the Holy Spirit of God was very active. He has a role to play during creation. He renews and brings things into manifestation. When God speaks, the Holy Spirit brings it into manifestation. He also recreates the apostles during the Pentecost. At baptism, He recreates us to new creatures in Christ.

O Divine Spirit of God, I have humbly come to you, because my life is filled with emptiness and pains. Everything in my life is scattered. Like the beginning of the world, I do not know where to begin and where to end. This is the reason I have come to your presence to recreate me again and save me from this problem that has kept me restless (Mention your intention). Listen to my cry, my beloved and answer my prayer.

**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 3rd 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

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Fire ever burning,

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Living water to quench the thirst of  
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From all evil,

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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 the 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 3rd Day**

Before the creation of man, he was just a cloud of dust without life. After creating everything else, God formed a man from the dust of the earth. At this time, there was no life in man. To give man life, God has to breathe into his nostrils (Genesis 2:7). Man would not have been living if not for the Spirit of God in Him. In Romans 8:11, St. Paul says that if the Spirit of Him who raised Jesus from the dead is living in you, He who raised Christ from the dead will also give life to your mortal bodies because of His Spirit who lives in you. Therefore it is the Spirit that gives life (John 6:63).

O Holy Spirit of God, you are the giver of life. Strengthen my spiritual life that I may never be conquered by sin. I place my life and entire self to you. My life is in your hands. Look upon me with your eyes of mercy and forgive me in all the ways I have derailed. Come and live in me that I may always seek to do whatever pleases God. Strengthen my life again. Believing in you and hoping in your mighty power, please grant me these favours (mention your intention).

**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 4th 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.

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Holy Trinity, One God, Have mercy on us.

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Spirit of longanimity and meekness,

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Spirit of benignity and goodness,

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Love and life of saintly souls,

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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 4th Day**

When David sinned against God, He prayed and cried that God should have mercy on Him. In his prayer, David begged God not to cast Him away from His presence and not to take His Holy Spirit away from Him (Psalms 51:11). He knows that the Holy Spirit detests sinful living. He knows how the Spirit of God has led him through. This is the reason David succeeded in everything that he did, for God was with him (1 Samuel 18:14). So, David knows the need for One to live in a relationship with the Holy Spirit. David begged for the mighty presence of God's Spirit all the days of His life.

Come beloved Holy Spirit and occupy my heart. Come into my heart and make a home. Like your servant David prays to you, do not abandon me because of my sinful living. I need you every day in my life to be part of me and part of everything that I do. Today, I humbly come to you again. I need your warm embrace. Help me in any way I may have made mistakes in my life and rebuild me again. Today I come

to you with these problems of mine **(mention your intentions)**. In your bountiful love, hear me and rescue me.

**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 5th 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.

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**(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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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,  
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From our passions and disorderly appetites,  
Deliver us, O Holy Spirit.

From our inattentiveness to Thy holy inspirations,  
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Let Us Pray

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### **Prayer to the Holy Spirit**

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### **Meditation of the 5th, Day**

Before Jesus ascended into heaven, He commissioned His disciples to go and make disciples of all nations (Matthew 28:19). But before they do this, Jesus further advises them not to leave Jerusalem but

wait until they receive the power from on High (Luke 24:49, Acts 1:4). Therefore, Jesus is telling them that they need the Holy Spirit to minister effectively to the people. In essence, they cannot do without the Holy Spirit.

Holy Spirit, my comforter, we commit our lives, destiny, endeavours, future and country into your hands. Transform us in the same way you transformed the disciples of Jesus. Make us strong in our weaknesses and willing to stand against the challenges and temptations of this life. We cannot do without you. Come into our lives and take the lead.

Help us in our decisions, in our endeavours and in the way we live our lives. Give us the power to conquer the powers of the evil one and take full control of our country. Coming to your presence today, Please do these for me **(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 6th Day**

**Invocation of the Holy Spirit**

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**(Or Come Holy Spirit Song Song)**

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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 6th, Day**

The suffering and death of Our Lord Jesus has set us free from sin and the power of darkness. We are no longer slaves to sin and the devil. We now belong to Jesus. He says in John 8:36 that when the Son of Man sets you free, you are free indeed. Therefore, it is then through the power of the Holy spirit that we walk in this freedom. For where the Spirit of the Lord is, there is freedom (2 Corinthians 3:17). This is the reason Saint Paul says in Roman 8:1-2 that there is now no condemnation for those who are in Christ Jesus, because through Him the law of the Spirit who gives life has set us free from the law of sin and death. Therefore, to walk with the Spirit of the Lord is to walk in freedom.

O Divine Spirit of the Lord, you are the God of freedom. Wherever you are there is liberty, and deliverance. Deliver me from everything happening to me that I do not know. Deliver me from sin, deliver me from the spirit of failure and deliver me from the Spirit of backwardness. Free me from every punishment I have accrued through my sinful living. I need your freedom. Free me from every power of the kingdom of darkness both known and unknown, free me from marital problems, family problems, free me from bad luck, free me from any covenant I may have made with the devil through any immoral living. I want to be free, I want to walk with you forever. Never abandon me. Free my family, free those who are in captives and deliver all the hardened criminals and make them know you. Believing in your mighty presence, I come to you with these intentions (mention your intention). Please help me and hear me.

**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 7th 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 7th Day**

Before Our Lord Jesus Christ goes into agony, He takes time to admonish and teach His disciples. He strengthened them, asking them to bear fruit. Jesus tells them that He wants them to bear fruit that will last so that whatever they ask in His name, the Father will give them. (John 15:16). For every tree that does not bear fruit will be uprooted and cut down (Matthew 7:19, John 15:2).

God sends us into this world so that we may bear good fruit. We do this by promoting the gospel and living a good life. The fruits that God wants us to bear is only possible through the power of the Holy Spirit. When the Holy Spirit truly occupies our hearts, the way we live our lives will surely change. In Galatians 5:22-23, Paul says "But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! In Ephesians 5:9-10, Paul also says "walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord".

O Holy Spirit, I want to live a life that will please God. There are times I would want to please God, but I am always drowned by my weaknesses. Whenever I want to come to the presence of God, many things keep pushing me away. Many temptations are all over me. There are times I would like to pray, but I

could not. Sometimes, during times of challenges, I would like to remain faithful and strong but what I pass through keeps bringing me down in worry. I need you in my life, my beloved. Never abandon nor forsake your son/daughter **(mention your name)**. Help Me to bear fruit, help me to touch lives and make me your instrument. Do not allow me to wander away from you. You are all I have. Coming to your presence today, I present these things that keep drawing me away and keeping me in worry **(mention your intentions)**. I lay them at your feet, strongly believing in your power to deliver me and answer me.

**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 8th 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 8th Day**

When there was a crisis in the Church in Galatia, Paul admonishes them on the need to love one another. He says in Galatians 5: 14-15, “the entire law is fulfilled in keeping this one command: love your neighbour as yourself, if you bite and devour each other, watch out or you will be destroyed by each other”. He admonishes them to walk only by the yearnings of the Spirit. When we walk by the Spirit, we will not gratify the desires of the flesh (Galatians 5:17). This is the only way we can live in peace with anyone.

What the flesh desires is always contrary to what the Spirit desires. The desires of the Spirit are also contrary to the desires of the flesh. Therefore, they are always in conflict with each other. When we are led by the flesh, the desires will always lead to selfish ambitions, anger, sexual immorality, moral impurity, jealousy, family discord, dissensions, envy etc, and Paul warns that those who live like these will never inherit the kingdom of God (Galatians 5:20-21). But if we want to please God, we shall follow the promptings of the Spirit, who will always lead us to live a life pleasing to God.

O Divine Spirit of God, become my guide in those times I may be tempted to go astray. Become my light, in those times I may be tempted to walk in darkness. When temptations surround me, give me the strength to conquer and come out of them. When I am drowned in sin, help me to return to God always. In my darkest moments in life, never forsake nor abandon me.

When I am tempted to lose faith in God, give me more spiritual strength to stand strong. When my life is filled with difficulties, never allow me to lose my faith.

Give me the grace to love my fellow human being the way I love myself, remove the Spirit of hatred, immorality, envy, jealousy, backbiting, and anger from me. May coming to you daily make my life shine. Give me the grace to always respond to your inspiration and desires rather than the desires of my flesh.

I have many problems that continue to give me sleepless nights. Today I bring them again to your mighty presence (mention your intentions). Give me the spiritual strength to walk through them and enjoy only the victory that comes from you. Because there is victory for all who are in Christ Jesus (1 Corinthians 15:57). I believe that my victory will come through you.

**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 9th 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 9th Day**

Before the coming of the Holy Spirit on the Apostles, the apostles were living in fear. Even Peter could not withstand an ordinary maid that he denied his master three times and when a boy was brought to

them to heal, they were not able to heal the boy (Matthew 17:16-20). But after the pentecost event, the apostles became courageous and were able to withstand even persecutions. Peter, who could not defend his master, came out in front of the crowd to talk about Him and many were converted. They also recorded many miracles and healings. This shows that the Holy spirit transforms a person. In Ephesians 5:18-19, Paul advises us not to get drunk with wine which will lead us to debauchery, instead of filling yourself with wine always, instead be filled with the Holy Spirit, speaking to one another with prayers, psalms, hymns and songs from the Spirit. Therefore to be filled with the Holy Spirit should be the objective of every child of God.

O Holy Spirit, I have come again to let you know how important you are in my life. Transform my life the way you transformed the apostles. All these while, I have been swimming in sin and faithlessness. I have neglected my duties and obligations as a child of God. Also, my night has been filled with tears and worry over my afflictions and sorrows. I do not know where to run to. Transform me so that I may know you, change my life so that I will run away from sin and help my faith that I will not lose faith in God even in times of difficulties. Also help me in my afflictions. I bring them today to your mighty presence **(mention your intentions)**. Please help me and answer me.

**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 10th 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.

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Love substantial of the Father and the  
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From all attachments to the things of the  
earth, Deliver us, O Holy Spirit.  
From all hypocrisy and pretense,  
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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 10th Day**

In Numbers 11:16-30, God asks Moses to gather seventy elders who are to help him carry the burdens of the people, because Moses cannot carry the burden alone. When Moses gathered the seventy elders of the people, and placed them all around the tent. Then God came down in the cloud and spoke to him, and took some of the Spirit that was on Moses and put it on the seventy elders. When the Spirit rested upon them, they prophesied. Even the two men who did not go with others but remained in the camp, known as Eldad and Medad also prophesied. Here, we see the need to be anointed with the power from on High before we minister to the people. And this is the reason Jesus tells His apostles not to leave the city until they are clothed with the power from on high (Luke 24:49). Therefore to be effective in whatever we do, we need the power, inspiration and guidance of the Spirit of God.

O Beloved Spirit of God, renew my entire life and inspire me always. I take you today as my leader, protector, inspirer and guide. Guide me not to make mistakes in life. Protect and shield me from the darts of the enemy and inspire me to be successful in life. I cannot be effective without you. This is why I continue to seek your face. Deliver me from every power of the devil, save me from the miry pit and inspire me out of these challenges that have besieged my entire life. I can never walk alone, unless I walk with you. Today I bring to your presence these requests (mention your intention), believing that you will rescue me from them. Please hear me and rescue me.

**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 11th 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 11th Day**

Before ascending into heaven, Jesus takes time to prepare His disciples for the work that is awaiting them. He explains to them the importance of the Holy Spirit and tells them the reason they need the Holy Spirit. In Acts 1:8, Jesus tells His apostles that when the Holy Spirit comes upon them, they shall receive power.

Therefore, through the Holy Spirit, we receive the anointing power to work for God. Through the Holy Spirit, we receive great power to break every negative barrier that stands our way. The Holy Spirit is the secret of every great child of God.

O Holy Spirit fill me with the power of God to defeat every challenge in my life. Let me always move and work through the power that you give me. Give me the power to conquer every temptation that comes my way and give me the power to live as a strong child of God. Today, I have come again to seek you with all my heart believing that you will hear my cry. Please listen to my cry. There are many evil people in my life. They fight me both physically and spiritually. Please deliver me from every negative thing they did against me. Many people have vowed never to allow me to see the light of the day. This is the



reason I have come to you, because I know that through you, I will always have my victory. Please I present in your presence these challenges (mention your intentions). Please hear me and save me.

**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 12th 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.

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God the Holy Spirit, Have mercy on us.

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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.

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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 12th Day**

In Acts 10, when Peter visited the family of Cornelius, He explained to the family about our Lord Jesus Christ and how God anointed Him with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him. Isaiah 10:27 tells us that it is this anointing that comes from the Holy Spirit that breaks the Yoke. A yoke is like a frame that is fitted on the neck of two animals and joins them together to do a particular work. So, a yoke can be likened to

something that is in your life which impedes your progress. Sometimes it becomes a burden that makes you go backward in life. The Holy Spirit is the one that breaks the Yoke. Therefore, the Holy Spirit is a yoke breaker.

Divine Spirit of God, I humbly come to you today, to thank you for your graces and favours which you have blessed my life with all these while. You are the yoke breaker. I need your anointing power today. Come into my life and break everything that is holding my life (mention it), break me away from every power or spirit drawing me away from you. Break every Spirit I may have made a covenant with either knowingly or unknowingly. I need total freedom today. Break me from everything that makes me undergo pains, failures and backwardness. In my family set us free from every occultic and demonic power working secretly against us. Break us away that we may enjoy the light and blessings that can only come from you. Give us total freedom, especially from these challenges (mention your intentions). I believe in your power to save me.

**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 13th 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.

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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

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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 13th Day**

Before Jesus goes into agony, He takes time to prepare His disciples for the work they are going to do. He reminds them that in the world they will encounter a series of troubles and challenges (John 16:33). Jesus then promises that He will never leave them as orphans (John 14:18), that He will ask the Father that He will give them another Paraclete to be with them forever. The Paraclete is the Spirit of Truth whom the world can never accept because they do not know Him. Jesus says to them "He is with you, He is in you" (John 14:16-17). Therefore, Jesus promises them the continual abiding presence of the Holy Spirit. He will continue to be with them both in good and in bad times.

Therefore, my beloved Spirit of God, I need you also to be part of my life and everything that I do. I need your presence in my life both in good and in bad times. There are times when I feel like losing faith in God. There are times I feel so unworthy that I begin to think that God can never forgive my past again, there are moments when I feel so tired of going to God everyday. I need your grace to live up to expectations. Be part of my life. Be part of my decision making. Be the foundation stone of my family. Talk to me always whenever I want to go astray. Talk to me whenever I am tempted to make foolish decisions. Abide with me both in my good times and in bad times and give me the strength to conquer all my challenges in life. Please deliver me from this problem that has held me for long (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 14th 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 14th Day**

After his lengthy epistle to the Corinthians, Paul blesses them saying "May the grace of Our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with you all (2 Corinthians 13:14). In this prayer, Paul reveals what the Holy Spirit needs from us.

What He needs from us is constant fellowship with Him. Fellowship means a friendly relationship with someone you truly love.

When you hear fellowship, it indicates people who come together to solve a particular problem or to share a particular purpose. Fellowship involves constant communion, communication and rapport. So, the Holy Spirit needs a friendly association with us. He wants to share our problems and interests with us. In fellowship, there is always a feeling of friendship, connection and relationship with the Holy Spirit.

In this, as people struggle to make connections with people of high caliber in the society, you are making an effort to make a connection with the Holy Spirit; the one who can do all things. This is the highest and best connection, a child of God can have.

O Holy Spirit, today, I have known your true expectation from me. I need that intimate communion with you. Please take absolute control of whatever that I do, whatever that I have and whatever I will do in the future. With you I have this strong confidence that you will always pave a way for me. Give me the grace to always relate with you, as someone that is part of me and someone that I deeply love. With your presence in my life, I can do all things. Open every closed door in my life, especially these (mention your intentions). Today, I commit them entirely into your hands, and promise to always commune with 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 15th 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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Spirit of longanimity and meekness,

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Love substantial of the Father and the

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Fire ever burning,

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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.

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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 15th Day**

The gospel of Luke 4:1-2, tells us what happened to Jesus after His baptism. After the baptism of Jesus, He was full of the Holy Spirit. He was then led by the Spirit into the desert. There in the desert, Jesus stayed for forty days and forty nights. There also, He was tempted by the devil but did not fail. Jesus ate nothing during those days. The Holy Spirit of God was with Him. Secondly, Paul says that He can dare to speak to the gentiles without fear and has fully carried out his work of preaching the gospel by the power of the Holy Spirit (Romans 15:19). Therefore, the Holy Spirit helped him through the times of his challenges and problems.

Therefore, we need the Holy Spirit of God to be with us and equip us with the graces to remain strong against trials and temptations. We need the Holy Spirit to preach the gospel and speak to anyone about God without fear. We need the Holy Spirit to be able to remain strong against challenges and temptations. We can never do without the Holy Spirit.

Holy Spirit my beloved, I adore you with all my heart. I love you with my soul, I long to have a deep personal relationship with you always. Your abiding presence is all I need. Give me the strength to conquer all the temptations that come to me. Help me with your grace to stand against trials. I have a lot of things that keep me depressed. My bed is always soaked in tears. I am dying in worry because of these problems that besieged me (**mention your intentions**). I believe that with your power, they will be a forgotten issue one day. Help me Holy Spirit.

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**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 16th 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 16th Day**

There are times we find it very difficult to pray. Why this is so is because we take prayer as an ordinary activity. If we know what happens when we pray, we will be praying every day. We need the constant communion of the Holy Spirit for our prayers to be effective. In Romans 8:26-27, Paul writing about the Holy Spirit says that "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God". Therefore, if the Spirit of God prays with us and communes with us, great things can happen through our prayers. Such a prayer journey can be full of power, freedom, open doors and salvation of souls.

Holy Spirit my beloved and sanctifier, you know I love you with all my heart. I do not want to be separated from thee henceforth. You remain part of my life. Please help me and teach me how to pray effectively that my prayers will not be in vain. Help me in my weakness that I will always have the spiritual strength to come to God's presence every day. May this prayer journey that I am going with you bring me forgiveness of all my sins, strength in my weaknesses, the grace to live the way God wants, the power over all my challenges, solution to my problems and answer to my prayers (mention your intention). Please do not forsake me.

**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 17th Day**

## **Invocation of the Holy Spirit**

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