

## **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

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 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

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 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.

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 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 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.

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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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,

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Most loving Father,

forgive us.

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Holy and divine Spirit,

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

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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.

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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 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**

**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

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Spirit of understanding and counsel, Have mercy on us

Spirit of love and joy,

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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,

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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 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.

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,

Have mercy on us

Spirit of benignity and goodness,

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Love substantial of the Father and the Son,

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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 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.

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 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.

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 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)**

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 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**

**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**

**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**

**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 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**

**Breakfast with the Word**

**End with Special Song to the Holy Spirit**

## **Spiritual Journey with the Holy Spirit of God 19th 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 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**

**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**

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.

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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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Love substantial of the Father and the Son,

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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 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**

**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 21st Day**

Judges chapter 14 tells us the story of how Sampson tore a lion into pieces with a bare hand. Samson 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 Samson 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**

**Breakfast with the Word**

**End with Special Song to 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 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 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, that you hear and help me. 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 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)**

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 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 emphasizes 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 honor 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**

**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 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 24th Day**

In Matthew 3:13-17, Jesus came from Galilee to Jordan to be baptized by John. As soon as Jesus was baptized, 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 out 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 forgiveness 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.**

**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 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 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 begins 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.**

**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)**

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