



Send Forth your Spirit, O Lord!

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

Preparing for Pentecost 2020

What is Pentecost?

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

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

Who is the Holy Spirit?

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

What are the Gifts and Fruits of Holy Spirit?

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

Finding New Ways of Praying at Home

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

Broadcast Mass for Pentecost Sunday

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

Prayer Space

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

Call to Action

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

Safety

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

Day III: The Coming of the Holy Spirit

Pentecost Sunday

31st May, 2020

Participation in Broadcast Mass for Pentecost Sunday

Before the broadcast begins:

- Gather with other members of your household, if you can.
- Light the candle(s) safely.
- Write on pieces of paper the Gifts and Fruits of the Holy Spirit and place them in the Prayer Space.

During the broadcast look out for the following:

- The **liturgical colour** for feasts of the Holy Spirit is red. The Church may be decorated with red banners or flowers and the priest will wear red vestments.
- The Mass is as normal except for the inclusion before the Gospel of an ancient hymn called the **Sequence of Pentecost**. This is often attributed to Pope Innocent III (1161-1216).
- The **First Reading** is from the second chapter of the Acts of the Apostles. Scholars believe that it is written by the same person that wrote the Gospel of Luke. It tells the story of the first years of Jesus' followers. Here it recounts how they were gathered in Jerusalem in prayer when the Holy Spirit came upon them. It also tells how that experience brought about a change in their lives. No longer are they content to pray behind closed doors. They move out into the public squares to share with all that will listen the Good News of Jesus. The **Psalm** (103) implores God to send forth his Spirit and to renew the face of the earth. The **Second Reading** from the First Letter of St Paul to the Corinthians focuses on the Gifts the Spirit brings and their harmonious use for the good of all. In the **Gospel** from John we hear how on that first Easter Sunday Jesus already poured out his Spirit on the Apostles to give them the power to forgive sins.
- At communion time make an Act of **Spiritual Communion**. Invite Jesus to visit your heart. Take some time to truly welcome his presence. Ask him to send upon you on this special day – a fresh outpouring of the Holy Spirit. Speak to him friend to friend.

A Prayer Ritual at Home

Gather around the prayer space with the other members of your household. If available, add to it pictures of your confirmation day/or of the confirmation day of family members.

For the ritual action (below) – have matches ready to light the candles and pieces of paper with the Gifts and Fruits of the Holy Spirit written on them.

As We Begin to Pray

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

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

Opening Prayer

Father of our Lord Jesus Christ, by water and the Holy Spirit you freed your sons and daughters from sin and gave them new life. Renew in us the gift of the Holy Spirit to be our helper and our guide on life's journey. Give us the spirit of wisdom and understanding, the spirit of right judgement and courage, the spirit of knowledge and reverence. Fill us with the spirit of wonder and awe in your presence. We ask this through Christ our Lord. Amen

From Sacred Scripture - Acts of the Apostles

When Pentecost day came round, they had all met together, when suddenly there came from heaven a sound as of a violent wind which filled the entire house in which they were sitting; and there appeared to them tongues as of fire; these separated and came to rest on the head of each of them. **They were all filled with the Holy Spirit** and began to speak different languages as the Spirit gave them power to express themselves. Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, and each one was bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely,' they said, 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; residents of Rome, Jews and proselytes alike -- Cretans and Arabs, we hear them preaching in our own language about the marvels of God'. (*Acts 2*)

Reflection

The world needs men and women who are not closed in on themselves, but filled with the Holy Spirit. Closing oneself off from the Holy Spirit means not only a lack of freedom; it is a sin. There are many ways one can close oneself off to the Holy Spirit: by selfishness for one's own gain; by rigid legalism – seen in the attitude of the doctors of the law to whom Jesus referred as “hypocrites”; by neglect of what Jesus taught; by living the Christian life not as service to others but in the pursuit of personal interests; and in so many other ways. However, the world needs the courage, hope, faith and perseverance of Christ's followers. The world needs the fruits, the gifts of the Holy Spirit, as Saint Paul lists them: “love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control” (Gal 5:22). The gift of the Holy Spirit has been bestowed upon the Church and upon each one of us, so that we may live lives of genuine faith and active charity, that we may sow the seeds of reconciliation and peace. Strengthened by the Spirit – who guides, who guides us into the truth, who renews us and the whole earth, and who gives us his fruits – strengthened in the Spirit and by these many gifts, may we be able to battle uncompromisingly against sin, to battle uncompromisingly against corruption, which continues to spread in the world day after day, by devoting ourselves with patient perseverance to the works of justice and peace. *(Pope Francis, Homily for Pentecost 2015)*

Ritual Action

Light the candles in the prayer space as a symbol of the coming of the Holy Spirit and add to it pieces of paper with the names of the different Gifts and Fruits the Holy Spirit brings.

Intercessions

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

We pray in particular for a fresh outpouring of the Holy Spirit this Pentecost Day – May the Holy Spirit dwell anew in our hearts and bring to our lives the Gifts and Fruits of his presence.

We pray for the gifts of Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Wonder and Awe in God's Presence.

We pray for the fruits of Love, Joy, Peace, patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-Control.

Add your own intercessions at this time.

Lord, in your mercy. Hear our prayer.

Our Father ...

Prayer

Let us Pray (Pause for Silent Prayer)

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

Blessing and Sending Out

Empowered by the Spirit, we now, like the Apostles on that First Pentecost Day, are sent out into our world to proclaim the Good News: God loves us and he has set our hearts on fire with love for him and for each other.

If others are joining they might take a line each:

Empowered by the Spirit, I go into the world

Empowered by the Spirit, I go to my neighbours and friends

Empowered by the Spirit, I am sent to those I work with

Empowered by the Spirit, I go to my school

Empowered by the Spirit, I am sent to my family

Empowered by the Spirit, we move out now

Continue together:

We move out now. Out into our world to proclaim in word and deed the wonderful things God does for us. Filled by the Spirit on this most holy of days we ask his blessing. Amen.

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

Call to Action

Pick a time during the day to pray the “Sequence of Pentecost”. Call someone you haven’t spoken to for a long time. Engage in some charitable work. Offer to help at your local church. Pick a Gift or Fruit of the Holy Spirit and practice it before the day is done.

A Final Thought ...

“It will always be Pentecost in the Church,” affirmed Blessed Oscar Romero, Archbishop of El Salvador, on Pentecost Sunday 1978, "provided the Church lets the beauty of the Holy Spirit shine forth from her countenance. When the Church ceases to let her strength rest on the Power from above which Christ promised her and which he gave her on that day, and when the Church leans rather on the weak forces of the power or wealth of this earth, then the Church ceases to be newsworthy. The Church will be fair to see, perennially young, attractive in every age, as long as she is faithful to the Spirit that floods her and she reflects that Spirit through her communities, through her pastors, through her very life". (Blessed Oscar Romero) Archbishop Romero's declaration reminds us -- as does today's Gospel -- that Pentecost is not just one day, but every day. Without breath, there is no life. Without the Spirit, the Church is a field of dry, dead bones. Even though we are God's chosen people, we often behave more like God's frozen people--frozen in our prayer life, frozen in the way we relate with one another, frozen in the way we celebrate our Faith. Today is a great day to ask the Holy Spirit to rekindle in us the spirit of new life and enthusiasm, the fire of God's love. (*Rev Anthony Kadavil*)

Additional Prayers to the Holy Spirit

Prayer during the Sacrament of Confirmation

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

Prayer to the Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth. O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.

Sequence of Pentecost

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



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