

### Thursday, May 21 Gentleness

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

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, by Your power, Christ was raised from the dead to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of gentleness within us. Despite the gravity of our sins, O Lord You treat us with gentleness. Dear Holy Spirit, give us your power to treat all in our lives with the gentleness of the Saints.

*Come Holy Spirit...*

*Glory be...*

### Friday, May 22 Self-Control

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of self-control within us. Your Martyrs had the overwhelming self-control to go joyfully to a painful death without shrinking from the opportunity to join You in heaven. Give us this self-control to have command over our emotions and desires so that we may serve You more fully.

*Come Holy Spirit...*

*Glory be...*

### Saturday, May 23 Goodness

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Goodness within us. We want to be like your Saints in heaven. Holy Spirit, renew us by your power with your Goodness that we may bring the Good News to the world.

*Come Holy Spirit...*

*Glory be...*



This Pentecost Novena was adapted from the Novena to the Holy Spirit from [PrayMoreNovenas.com](http://PrayMoreNovenas.com)



## Novena to the Holy Spirit

May 15 – May 23, 2026

The Easter season culminates on Pentecost Sunday, May 24<sup>th</sup>, 2026. Christians have prepared for Pentecost for over 2000 years by joining together for 9 days of prayer. This first Novena was instituted when Jesus instructed the Apostles, "And I myself will send upon you what my Father has promised. But you must wait in the city until the power from above comes down upon you" (Luke 23: 49). As we prepare for the Solemnity of Pentecost, we invite you to pray this novena for the intentions of the Archdiocese.

Begin each day by making the Sign of the Cross then recite the prayer for the day. After this prayer, recite the following:

***Come Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of Your love. Pour forth Your Spirit and we shall be created, and You shall renew the face of the earth.***

***Glory be to the Father, to the Son, and to the Holy Spirit as it was in the beginning, is now and ever shall be, world without end, Amen.***



### Friday, May 15 Charity

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of charity within us. The great charity of all the hosts of Saints is only made possible by your power, O Divine Spirit. Increase in me, the virtue of charity that I may love as God loves with the selflessness of the Saints.

*Come Holy Spirit...*

*Glory be...*

### Saturday, May 16 Joy

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of joy within us. All the Saints are marked with uncompromisable joy in times of trial, difficulty, and pain. Give us, O Holy Spirit, the Joy that surpasses all understanding that we may live as a witness to Your love and fidelity!

*Come Holy Spirit...*

*Glory be...*

### Sunday, May 17 Peace

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of peace within us. The Saints were tempted, attacked, and accused by the devil who is the destroyer of peace. When we are accused by the devil, come to our aid as our Advocate and give us peace that lasts through all trials!

*Come Holy Spirit...*

*Glory be...*

### Monday, May 18 Patience

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of patience within us. O Holy Spirit, you give lavishly to those who ask. Please give us the patience of the Saints who are now with You in heaven. Help us to endure everything with an eternal patience that is only possible with Your help.

*Come Holy Spirit...*

*Glory be...*

### Tuesday, May 19 Kindness

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, Christ was raised from the dead by Your power to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of kindness within us. Jesus approached sinners with immense kindness. Holy Paraclete, please treat us, humble sinners, with the same kindness and give us the ability to treat all others with that kindness as well.

*Come Holy Spirit...*

*Glory be...*

### Wednesday, May 20 Faithfulness

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate. O Holy Spirit, by Your power, Christ was raised from the dead to save us all. By Your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And so, we ask with humility and a beggar's heart for Your gift of faithfulness within us. You, O Lord, are ever faithful. You are faithful until the end. Though we are weak and distracted, please give us the grace to be faithful to You as You are to us!

*Come Holy Spirit...*

*Glory be...*