



*Send Forth your Spirit, O Lord!*

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

Preparing for Pentecost 2021

## **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 I: Waiting for the Spirit

## Friday 21st May, 2021

### A Prayer Ritual at Home

Gather around the prayer space with the other members of your household. Place in the prayer space a bowl of water as a reminder of baptism - the day we became a Christian. Add pictures of family baptisms and an unlit baptismal candle(s) or one of the most beautiful candles you have in your house. These candles should remain unlit until Pentecost Day.

For the ritual action (below) prepare a small glass or cup to symbolise drawing anew the life-giving presence of the Spirit.

### 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

Heavenly Father, today we begin three days of prayer as we await a fresh outpouring of the Holy Spirit this Pentecost. Help us to calm our minds and our hearts. Give us a greater appreciation of the wonders of the world around us, of our very existence and the blessing of family and friends. Renew in us a sense that we have been called by Jesus, baptised into his followers and commissioned to do some good in life. We ask this through Christ Our Lord, Amen.

### From Sacred Scripture - Acts of the Apostles

In my earlier work, *Theophilus*, I dealt with everything Jesus had done and taught from the beginning until the day he gave his instructions to the apostles he had chosen through the Holy Spirit, and was taken up to heaven. He had shown himself alive to them after his Passion by many demonstrations: for forty days he had continued to appear to them and tell them about the kingdom of God. While at table with them, he had told them not to leave Jerusalem, but to wait there for what the Father had promised. 'It is', he had said, 'what you have heard me speak about: John baptised with water but, not many days from now, **you are going to be baptised with the Holy Spirit.** (*Acts 1*)

## Reflection

More than a century ago, a great sailing ship was stranded off the coast of South America. Week after week the ship lay there in the still waters with not a hint of a breeze. The captain was desperate; the crew was dying of thirst. And then, on the far horizon, a steamship appeared, headed directly toward them. As it drew near, the captain called out, "We need water! Give us water!" The steamship replied, "Lower your buckets where you are." The captain was furious at this cavalier response but called out again, "Please, give us water." But the steamer gave the same reply, "Lower your buckets where you are!" And with that they sailed away! The captain was beside himself with anger and despair, and he went below. But a little later, when no one was looking, a yeoman lowered a bucket into the sea and then tasted what he brought up: It was perfectly sweet, fresh water! For you see, the ship was just out of sight of the mouth of the Amazon. And for all those weeks they had been sitting right on top of all the fresh water they needed! What we are really seeking is already inside us, waiting to be discovered, waiting to be embraced: The Holy Spirit of God, living within us from the moment of our Baptism. The Holy Spirit is saying to us at this very moment from deep in our heart, "Lower your buckets where you are. Taste and see!" Come, Holy Spirit! Fill our hearts and set us on fire! Amen. *(Rev. Antony Kadavil)*

## Ritual Action

To the prayer space, add a glass or cup to symbolise drawing anew from the life-giving presence of the Spirit.

## Intercessions

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

We pray for all people in this time of Pandemic; we pray for those who are sick because of Covid-19; those who have died and their families.

We pray for our medical staff; our priests; our political leaders; our scientists.

We pray in particular for a fresh outpouring of the Holy Spirit this Pentecost – that the Holy Spirit will dwell anew in our hearts and bring to our lives the gifts and fruits of his presence.

Add your own intercessions at this time.

Lord, in your mercy. Hear our prayer.

## Our Father ...

### Prayer

Let us Pray (Pause for Silent Prayer)

Send forth your Spirit, O Lord and renew the face of the earth.

Come 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

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

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

### Call to Action

Read a little more of Acts of the Apostles from the Bible. Begin to think about how the Holy Spirit might work in your life. Put a red ribbon or a cut-out of a dove on your door to show to others you are preparing for Pentecost. Post a picture of your prayer space on social medial or share this prayer service.



# Day II: Praying for the Spirit

## Vigil of Pentecost

### Saturday 22nd May, 2021

#### A Prayer Ritual at Home

Gather around the prayer space with the other members of your household. For the ritual action (below) prepare a piece of paper with the words “Come Holy Spirit”. If there are children in your house get them to draw the words and decorate 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

Heavenly Father, on our Confirmation day we received the Holy Spirit as a great gift. Renew in us a greater appreciation of the enlightening and guiding presence of the Holy Spirit in our lives, in our Church and in our world.

We implore you to fill afresh our hearts with the fire of the Holy Spirit and kindle in them the power of your love. We make this prayer, through Christ Our Lord, Amen.

#### From Sacred Scripture - Acts of the Apostles

He replied, 'It is not for you to know times or dates that the Father has decided by his own authority, **but you will receive the power of the Holy Spirit which will come on you, and then you will be my witnesses** not only in Jerusalem but throughout Judaea and Samaria, and indeed to earth's remotest end.' As he said this he was lifted up while they looked on, and a cloud took him from their sight. They were still staring into the sky as he went, when suddenly two men in white were standing beside them, and they said, 'Why are you Galileans standing here looking into the sky? This Jesus who has been taken up from you into heaven will come back in the same way as you have seen him go to heaven.' So from the Mount of Olives, as it is called, they went back to Jerusalem, a short

distance away, no more than a Sabbath walk; and when they reached the city they went to the upper room where they were staying; there were Peter and John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus and Simon the Zealot, and Jude son of James. With one heart all these joined constantly in prayer, together with some women, including Mary the mother of Jesus, and with his brothers. (*Acts 1*)

## Reflection

The Spirit frees hearts chained by fear. He overcomes all resistance. To those content with half measures he inspires whole-hearted generosity. He opens hearts that are closed. He impels the comfortable to go out and serve. He drives the self-satisfied to set out in new directions. He makes the lukewarm thrill to new dreams. That is what it means to change hearts. Plenty of people promise change, new beginnings, prodigious renewals, but experience teaches us that no earthly attempt to change reality can ever completely satisfy the human heart. Yet the change that the Spirit brings is different. It does not revolutionise life around us, but changes our hearts. It does not free us from the weight of our problems, but liberates us within so that we can face them. It does not give us everything at once, but makes us press on confidently, never growing weary of life. The Spirit keeps our hearts young – a renewed youth. Youth, for all our attempts to prolong it, sooner or later fades away; the Spirit, instead, prevents the only kind of aging that is unhealthy: namely, growing old within. How does he do this? By renewing our hearts, by pardoning sinners. Here is the great change: from guilty he makes us righteous and thus changes everything. From slaves of sin we become free, from servants we become beloved children, from worthless worthy, from disillusioned filled with hope. By the working of the Holy Spirit, joy is reborn and peace blossoms in our hearts. (*Pope Francis, Homily for Pentecost 2018*)

## Ritual Action

Add to the prayer space the piece of paper with the words “Come Holy Spirit”

## Intercessions

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

We pray for ourselves and our families that we may be more conscious of the presence of God in our lives and that we may be more open to being guided by the Holy Spirit.



We pray, in particular, for those who find faith and life difficult; those who, at this time, are in difficulty of any kind; those who need the guidance that the Spirit brings.

We pray in particular for a fresh outpouring of the Holy Spirit this Pentecost – that the Holy Spirit will dwell anew in our hearts and bring to the surface the gifts and fruits of his presence.

**Add your own intercessions at this time.**

Lord, in your mercy. Hear our prayer.

## **Our Father ...**

### **Prayer**

Let us Pray **(Pause for Silent Prayer)**

Send forth your Spirit, O Lord, and renew the face of the earth.

Come 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**

The Lord bless us and keep us; The Lord make his face shine on us and be gracious to us; The Lord turn his face toward us and give us his peace both now and forever. Amen.

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

### **Call to Action**

Take some time to make a list of things in your life that you need to open up to the Holy Spirit. Fast from something today – to create space in your life for the coming of the Holy Spirit. Start a conversation about the Holy Spirit. Post this service or a picture of your prayer space on social media.

# Day III: The Coming of the Holy Spirit

## Pentecost Sunday

### 22nd May, 2021

#### 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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