

# Novena to the Holy Spirit



Institute for  
Catholic Education

## AN INVITATION

# TO THOSE INVOLVED IN AND THOSE WHO CARE FOR *CATHOLIC EDUCATION* IN THE PROVINCE OF ONTARIO TO PRAY TOGETHER – 2025

**In this special year, the year of the *Jubilee of Hope*, we have been celebrating being Pilgrims of Hope. Pope Francis says, "May the Holy Spirit illumine all believers in the light of Hope!"**

This year, the Feast of Pentecost takes place on **Sunday, June 8<sup>th</sup>, 2025**. Pentecost commemorates the descent of the Holy Spirit upon the Apostles. Jesus promised them that he would send his Holy Spirit to be with them and with us forever. He called God's Spirit the Advocate (someone who is on our side, who protects us) and the Comforter (someone who looks after us, who helps us when we are frustrated or angry or sad). Jesus promised them that the Holy Spirit would remind them of all that he had taught them. He told his disciples to wait for the coming of the Holy Spirit. They waited together for nine days, praying for the coming of the Spirit as Jesus had told them. That is the very first nine days of prayer, the first novena.

We still gather to pray for nine days before the feast of Pentecost. The Novena to the Holy Spirit is the oldest novena in the Church. Let us pray this novena together.



# STRUCTURE AND USE OF THE NOVENA

Our novena will focus on one gift of the Holy Spirit each day.

Each day begins with a description of the gift and then a small passage from the Bible that is taken from the readings of the day. In this way, our prayer is joined with the prayer of the whole Church worldwide. It is recommended that you observe a brief pause following the proclamation of the short Scripture passage. This allows for a moment of silent reflection; our collective prayer then follows from the Word of God.

Begin with an announcement of the Theme, which is the gift of the Spirit for that day.

Read the description so everyone will know what our prayer is about for this day.

Using the quote from Pope Francis, the leader then says: "May the Holy Spirit illumine all believers in the light of Hope."

Then the leader says: "We listen to God's word." (pause after the short reading)

Then say, "Let us pray."

Make the Sign of the Cross and proceed with that day's prayer.

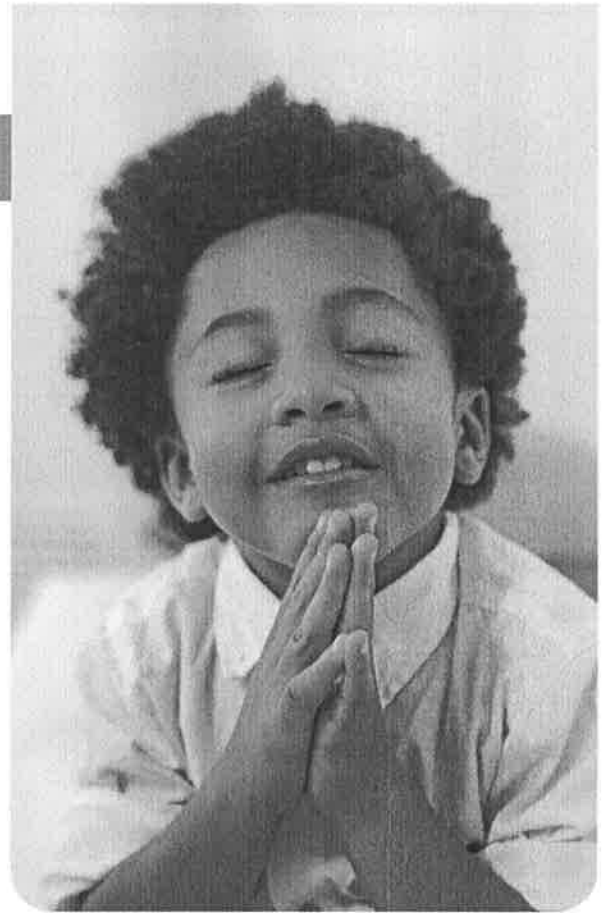


WEDNESDAY, MAY 28<sup>TH</sup>

# Day of Preparation

This year, our Novena focuses on the Holy Spirit as we are preparing for the Feast of Pentecost, when the Holy Spirit came down on the Apostles as tongues of flame.

As Pilgrims of Hope, Pope Francis tells us that it is the Holy Spirit who helps us stay strong in our hope. Every day, we will echo the words of Pope Francis who says, May the Holy Spirit illumine all believers in the light of Hope.



During the next nine days, we will focus on the Holy Spirit by praying for the seven gifts of the Spirit. These are the gifts we receive in the Sacrament of Confirmation. We receive these gifts so we can use them for our good and the good of others. We will also be thankful for the fruits of the Spirit which are the attitudes and graces that grow as the gifts of the Spirit become more and more part of our lives. Our novena will help us to continue to be pilgrims of hope.

As we wait for the feast of Pentecost, our prayer each day will end with this prayer to the Holy Spirit. We pray this together every day.

## **Let us pray**

**+ 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 enkindle 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.**

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



THURSDAY, MAY 29<sup>TH</sup> – DAY 1

## The Gifts and Fruits of the Holy Spirit

Have you ever seen fruit growing on a tree? When we see apples on a tree, we obviously know that it is an apple tree. The fruits of the Holy Spirit are what grow in us when we are using the gifts. When we see the fruits growing, we can know that the Holy Spirit is active in our life or the lives of others.

When we use the Spirit's gifts of wisdom, knowledge, understanding, courage, right judgement, reverence, and wonder and awe, we are sure to grow in the fruits of love, joy, patience, peace, goodness, gentleness, faithfulness, patience and self control.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*O sing to the Lord a new song,  
for he has done marvelous things. (Psalm 98:1)*

*(pause for a moment of silent reflection)*

### **Let us pray**

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

O Holy Spirit, by Your power, we receive God's gifts.

By Your grace, your gifts help good fruit to grow in our lives.

By Your love, you strengthen us and care for us.

And so, we ask that Your gifts be ever more present to us so that we may grow more and more as your witnesses and bear good fruits for our family, our community and the world.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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

FRIDAY, MAY 30<sup>TH</sup> – DAY 2



## The Gift of Wonder and Awe

In this Easter Season, we continue to think about Jesus' death and resurrection. We remember how he died to save us and how by his death and resurrection, we have the hope of eternal life with God.

Today, we pray for the gift of Wonder and Awe, also called the Fear of the Lord, the gift that helps us feel amazed by God's power and love.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*Clap your hands, all you peoples;  
shout to God with loud songs of joy.  
For the Lord, the Most High, is awesome,  
a great king over all the earth. (Psalm 47: 1-2)*

*(pause for a moment of silent reflection)*

### **Let us pray**

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

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, you protect us and care for us.

And so, we ask for Your gift of wonder and awe that we may show  
the fruit of joy in our lives.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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



**SATURDAY, MAY 31<sup>ST</sup> – DAY 3**

*The Feast of the Visitation*

## The Gift of Reverence

On this day, we remember Mary's visit with her cousin Elizabeth. Elizabeth greets Mary with joy and amazement. She knows that her cousin Mary will be the mother of her Saviour. Elizabeth gives us the words of the Hail Mary, a prayer we all know and love. When we are filled with the Holy Spirit, we are led to love Mary as the mother of God and to be amazed by what God has done for her and through her. This is the gift of reverence, sometimes called piety, which means a deep respect for God and all that God has done.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's word:



*In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth.*

*When Elizabeth heard Mary's greeting, the child leaped in her womb.*

*And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry,*

*"Blessed are you among women, and blessed is the fruit of your womb.*

*And why has this happened to me, that the mother of my Lord comes to me?"*

*(Luke 1: 39-43)*

*(pause for a moment of silent reflection)*

**Let us pray**

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

O Holy Spirit, by Your power, Mary became Jesus' mother.

By Your grace, Mary was able to say 'yes' to God's plan for her.

By that same love, you protect us and care for us.

And so, we ask for Your gift of reverence so that we may show the fruit of gentleness that helps us to say 'yes' like Mary did.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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

**SUNDAY, JUNE 1<sup>ST</sup> – DAY 4**

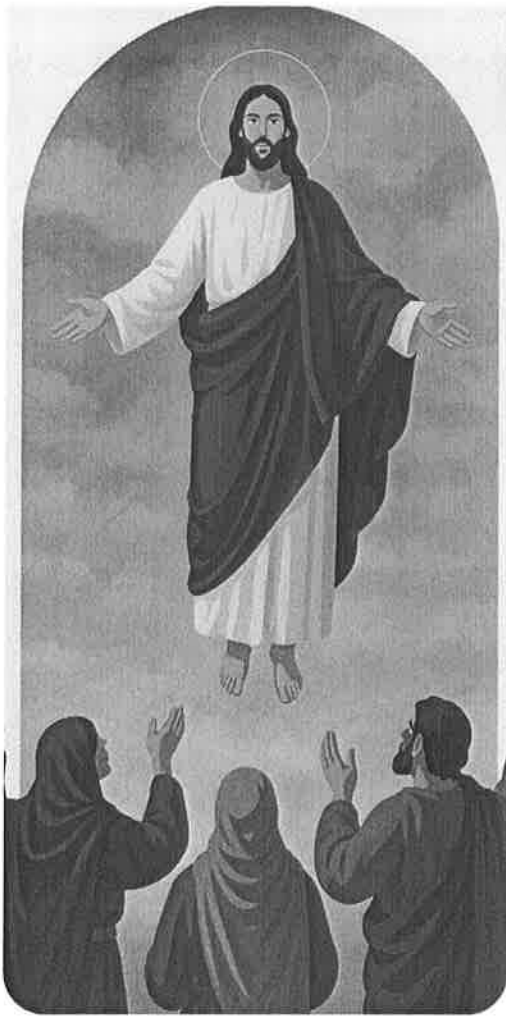
*The Ascension of the Lord*

## The Gift of Reverence

On this day, we remember when Jesus was carried into heaven. Again, we see what an amazing power God has. Like Jesus' disciples, we have great joy when we think about God's greatness and power.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*Then he led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven. And they worshiped him, and returned to Jerusalem with great joy.  
(Luke 24: 50-52)*



*(pause for a moment of silent reflection)*

**Let us pray**

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

O Holy Spirit, by Your power, Jesus was raised from the dead.

By Your grace, Jesus' disciples were strengthened to be witnesses.

By that same love, you protect us and care for us.

And so, we ask for Your gift of reverence so that we may show the fruit of joy.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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





MONDAY, JUNE 2<sup>ND</sup> – DAY 5

## The Gift of Courage

We know that it is not always easy to follow Jesus but he tells us to take courage. We need that courage or fortitude because it is the gift that helps us do the right thing even when it is difficult. Fortitude or courage helps us to have peace in making the right choices.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*I have said this to you, so that in me you may have peace.  
In the world you face persecution.  
But take courage; I have conquered the world!  
(John 16:33)*

*(pause for a moment of silent reflection)*

**Let us pray**

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

O Holy Spirit, by Your power, we can choose to do good.

By Your grace, we can face challenges and difficult times.

By Your love, you strengthen us and care for us.

And so, we ask for Your gift of courage so that we may know the fruit of peace.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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



**TUESDAY, JUNE 3<sup>RD</sup> - DAY 6**

## The Gift of Knowledge

In today's Scripture, Jesus says we have received all that we need to know from all that he has taught us. The gift of knowledge helps us to know and believe all that Jesus teaches us.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me.  
(John 17:7-8)*

*(pause for a moment of silent reflection)*

**Let us pray**

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

O Holy Spirit, by Your power and Your grace, we are led to know and believe in Jesus.

By Your love, you help us to be joyful disciples who follow Jesus.

And so, we ask for Your gift of knowledge so that we may grow in the fruit of faithfulness.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful**

**and enkindle 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.**

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



WEDNESDAY, JUNE 4<sup>TH</sup> – DAY 7

## The Gift of Understanding

Jesus prays that his disciples will continue to grow in understanding. Understanding helps us to be patient as we learn more and more what God wants for us in our lives.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*Sing to God, O kingdoms of the earth;  
sing praises to the Lord, Selah  
Awesome is God in his sanctuary,  
the God of Israel;  
he gives power and strength to his people.  
(Psalm 68: 32, 35)*

*(pause for a moment of silent reflection)*

**Let us pray**

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

O Holy Spirit, by Your power, Jesus taught his disciples.

By Your grace, they grew in understanding.

By Your love, we, too, can grow.

And so, we ask for Your gift of Understanding, so that we may grow  
in the fruits of goodness and patience.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful**

**and enkindle 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.**

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

## The Gift of Right Judgement

While courage helps us to follow through on our choices, the gift of Right Judgement, or Counsel, helps us to be certain what the right choice is. It is how we choose right actions and how we help others to know what is right. Having the gift of right judgement or counsel helps us to grow in goodness.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*I bless the Lord who gives me counsel;  
in the night also my heart instructs me.  
I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.  
(Psalm 16: 7-8)*

*(pause for a moment of silent reflection)*

**Let us pray**

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

O Holy Spirit, by Your power, and grace, we can grow in our conscience and judgement.  
By Your love, you protect us and care for us.  
And so, we ask for Your gift of Counsel so that we may show  
the fruits of peace, goodness, and self control.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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



FRIDAY, JUNE 6<sup>TH</sup> – DAY 9

## The Gift of Wisdom

This weekend we will celebrate the feast of Pentecost and remember when the Holy Spirit came down upon the Apostles. On the last day of our novena, we pray for the gift of Wisdom. Scripture tells us that Wisdom is more precious than any treasure.

Wisdom allows us to see people and situations as God sees them. This allow us to be loving, kind and patient with others. As pilgrims of hope, we pray for the gifts of Spirit to help us to be witnesses to God's amazing saving power, through Jesus, our Lord.

May the Holy Spirit illumine all believers in the light of Hope.  
We listen to God's Word:

*Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.  
(Psalm 103:1)*

*(pause for a moment of silent reflection)*

### **Let us pray**

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

O Holy Spirit, you came down upon the Apostles on Pentecost in a special way,  
to strengthen them, to give them courage and to help them be joyful disciples, full of hope.  
And so, we ask for Your gift of Wisdom,  
so that we may show the fruits of kindness, love and patience.

And so together we pray:

**Come, Holy Spirit, fill the hearts of your faithful  
and enkindle 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.**

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

With special thanks to the staff and students of the **Hamilton-Wentworth Catholic District School Board** for their assistance with narrating the accompanying videos.

Vanessa G., Cathedral High School

Anthony B., Bishop Tonnos Catholic Secondary School

Angelina C., St. Jean de Brébeuf Catholic Secondary School

Ben D., Cathedral High School

Milania B., St. Thomas More Catholic Secondary School

Isabella Z., St. John Henry Newman Catholic Secondary School

Daniel B., Bishop Ryan Catholic Secondary School

Cassia K., St. Mary Catholic Secondary School

Carla K., St. Jean de Brébeuf Catholic Secondary School

Published by:

**Institute for Catholic Education**

*E-mail:* [office@iceont.ca](mailto:office@iceont.ca)

**[www.iceont.ca](http://www.iceont.ca)**

© 2025