

**«Go and bear fruit,  
fruit that will last...»  
- Jn 15:16**





***Holy Spirit**, you are the promise of the Father,  
come to dwell in our heart; transform our lives  
and make us **true disciples who bear fruit that will last.***

*Holy Spirit, you are the cleansing fire,  
purify us of the worldly mentality  
and teach us to set our minds on things that are above.*

*Holy Spirit, you are the living water,  
quench our thirst; lead us to the fountain of Life, Jesus Christ.*

*Come Holy Spirit, come!*



## **THE SPIRIT OF LOVE:**

“A community that cherishes the little details of love, where members care for one another and create an open and evangelizing environment, is a place in which the risen Lord is present, sanctifying it in accordance with the Father’s plan” (GE, 145).

***Holy Spirit, fill us with an attentive love that is capable of loving truly in a society marked by growing consumerist individualism.***



## **THE SPIRIT OF JOY**

“Hard times may come, when the cross casts its shadow, yet nothing can destroy the supernatural joy because when everything is said and done, we are infinitely loved. That joy brings deep security, serene hope and a spiritual fulfilment that the world cannot understand or appreciate. Fraternal love increases our capacity for joy, since it makes us capable of rejoicing in the good of others. On the other hand, when we “focus primarily on our own needs, we condemn ourselves to a joyless existence (GE, 125,128).”

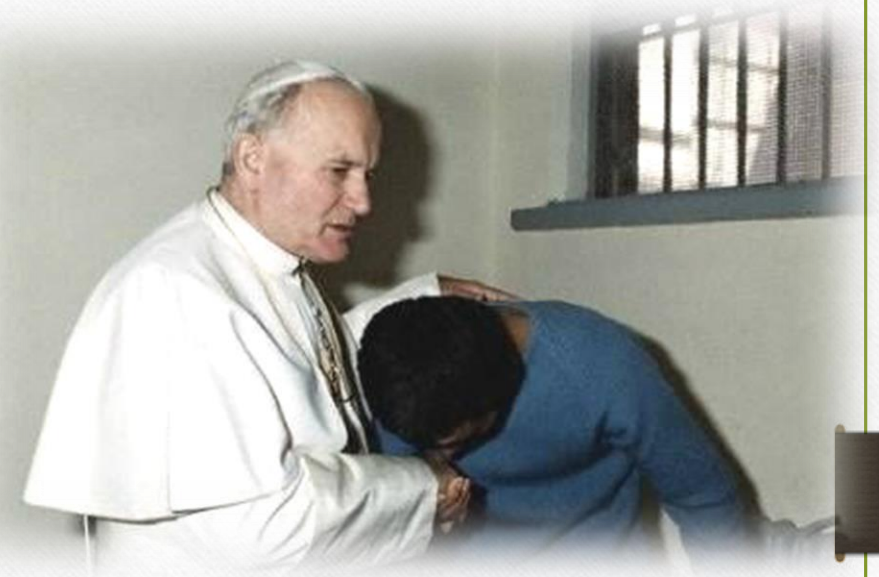
*Spirit of God, help us to die to our selfishness and learn once more the joy that is in giving than receiving.*



## THE SPIRIT OF PEACE

“Evangelical peace, is one that excludes no one but embraces even those who are a bit odd, troublesome or difficult, demanding, different, beaten down by life or simply uninterested. It is a hard work; it calls for great openness of mind and heart. At the same time, nor can it attempt to ignore or disregard conflict; instead, it must “face conflict head on, resolve it and make it a link in the chain of a new process”. Building peace is a craft that demands serenity, creativity, sensitivity and skill. Sowing peace all around us: that is holiness” (GE, 89)

*Holy Spirit, teach us to be artisans of peace in this broken world by pursuing what makes for peace and friendship and not conflict.*



## THE SPIRIT OF PATIENCE

Christian patience is neither “resignation” nor an attitude of “defeat”. Rather, it is a virtue of those who are “on the journey,” those who are moving forward, rather than stopping and becoming closed off. Patience is also the wisdom of being able to dialogue with the limits and bearing with suffering, with a sense of responsibility, rather than letting it go. (Pope Francis)

*Holy Spirit, help us to embrace patience when we are tempted to complain or give up our commitments in life.*





## THE SPIRIT OF KINDNESS

"How does God show his love? With great things? No, he becomes small with gestures of tenderness, goodness," God stoops low and gets close. He calls us to express love concretely on a small scale by feeding someone who is hungry, giving the thirsty something to drink, visiting a prisoner or someone who is ill". (Pope Francis)

*Holy Spirit, teach us to be kind in word and deed to every one we meet.*



## THE SPIRIT OF GENEROSITY

You give but little when you give of your possessions. It is when you give of yourself that you truly give (Kahil Gibran); this generosity comes from faith in God.

*Holy Spirit, grant us a generous heart so that we may do all the good we can, by all the means we can, in all the ways we can, in all the places we can, at all the times we can, to all the people we can, as long as ever we can.*







## **THE SPIRIT OF FAITHFULNESS**

“Faithfulness in the Bible is above all a divine attribute: God reveals himself as the one who remains ever faithful to his Covenant with his people, despite their unfaithfulness. Therefore, this divine attribute makes it possible in turn for men and women to be faithful and it becomes the expression of “that steadfastness proper to those who have made God the foundation of their entire lives”. (Pope Benedict XVI)

*Holy Spirit, teach us to be faithful servants of the Lord in a society, which exalts acceptance of change, of 'mobility' and 'flexibility'.*

## THE SPIRIT OF GENTLENESS

“Inner strength born as the work of grace, prevents us from becoming carried away by the violence that is so much a part of life today, because grace defuses vanity and makes possible meekness of heart.” (Pope Francis)

*Holy Spirit, help us not to break a bruised reed or quench a smoldering wick but like Jesus, may we learn to sustain them with love and keep them burning.*





## THE SPIRIT OF SELF-CONTROL

“Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable” (1 Corinthians 9:25). “I discipline my body and keep it under control” (1 Corinthians 9:27). Self-control is saying no to sinful desires, even when it hurts. Godly self-control says no to worldly choices by faith in the superior power and pleasure of Christ.

*Holy Spirit, help us to fight the good fight of faith, to take hold of the eternal life promised by Jesus.*





AMEN