

Pilgrimage Novena

Seeking the guidance of the Holy Spirit

1. The Holy Spirit, mystery of strength and tenderness

From the Word of God

Psalm 18: 2-10, 29-30

I love you, LORD, my strength,
my rock, my fortress, my savior.
My God is the rock where I take refuge;
my shield, my mighty help, my stronghold.
The LORD is worthy of all praise,
when I call I am saved from my foes.

The waves of death rose about me;
the torrents of destruction assailed me;
the snares of the grave entangled me;
the traps of death confronted me.

In my anguish I called to the LORD;
I cried to God for help.
From his temple he heard my voice;
my cry came to his ears.

Then the earth reeled and rocked;
the mountains were shaken to their base:
they reeled at his terrible anger.
Smoke came forth from his nostrils
and scorching fire from his mouth:
coals were set ablaze by its heat.

He lowered the heavens and came down,
a black cloud under his feet.
He came enthroned on the cherubim,
he flew on the wings of the wind.

You, O LORD, are my lamp,
my God who lightens my darkness.
With you I can break through any barrier,
with my God I can scale any wall.¹

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Lord God, our strength and salvation, put in us the flame of your love and make our love for you grow to a perfect love which reaches to our neighbor. We ask this through our Lord Jesus Christ who lives and reigns with you and the Holy Spirit, God forever and ever. Amen²

Pray the "Veni Creator, Come Holy Spirit" on Page 11

2.The Holy Spirit changes chaos into cosmos

From the Word of God

Psalm 33

Ring out your joy to the LORD, O you just;
for praise is fitting for loyal hearts.

Give thanks to the LORD upon the harp,
with a ten-stringed lute sing him songs.
O sing him a song that is new,
play loudly, with all your skill.

For the word of the LORD is faithful
and all his works to be trusted.
The LORD loves justice and right
and fills the earth with his love.

By his word the heavens were made,
by the breath of his mouth all the stars.
He collects the waves of the ocean;
he stores up the depths of the sea.

Let all the earth fear the LORD
all who live in the world revere him.
He spoke; and it came to be.
He commanded; it sprang into being.

He frustrates the designs of the nations,
he defeats the plans of the peoples.
His own designs shall stand for ever,
the plans of his heart from age to age.

They are happy, whose God is the LORD,

the people he has chosen as his own.
From the heavens the LORD looks forth,
he sees all the children of men.

From the place where he dwells he gazes
on all the dwellers on the earth;
he who shapes the hearts of them all;
and considers all their deeds.

A king is not saved by his army,
nor a warrior preserved by his strength.
A vain hope for safety is the horse;
despite its power it cannot save.

The LORD looks on those who revere him,
on those who hope in his love,
to rescue their souls from death,
to keep them alive in famine.

Our soul is waiting for the LORD.
The LORD is our help and our shield.
In him do our hearts find joy.
We trust in his holy name.

May your love be upon us, O LORD,
as we place our hope in you.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Nourish your people, Lord, for we hunger for your word. Rescue us from the death of sin and fill us with your mercy, that we may share your presence and the joy of all the saints. We ask this through our Lord Jesus Christ who lives and reigns with you and the Holy Spirit, God forever and ever. Amen³

Pray the "Veni Creator, Come Holy Spirit" on Page 11

3. The Holy Spirit teaches us to be Paracletes too.

From the Word of God

Exodus 33:1-11

The LORD said to Moses, "See, I have chosen Bezalel, son of Uri, son of Hur, of the tribe of Judah, and I have filled him with a divine spirit of skill and understanding and knowledge in every craft: in the production of embroidery, in making things of gold, silver or bronze, in cutting and mounting precious stones, in carving wood, and in every craft. As his assistant I have appointed Oholiab, son of Ahisamach, of the tribe of Dan. I have also endowed all the experts with the necessary skill to make all the things I have ordered you to make: the meeting tent, the ark of the commandments with the propitiatory on top of it, all the furnishings of the tent, the table with its appurtenances, the pure gold lampstand with all its appurtenances, the altar of incense, the altar of holocausts with all its appurtenances, the laver with its base, the service cloths, the sacred vestments for Aaron the priest, the vestments for his sons in their ministry, the anointing oil, and the fragrant incense for the sanctuary. All these things they shall make just as I have commanded you."

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

God of power and might, to whom belongs all that is good, fill our hearts with the love of your name, that by increasing our faithfulness you may nourish what is good in us, and, by your constant care keep safe what you have nourished. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, forever and ever.⁴

Pray the "Veni Creator, Come Holy Spirit" on Page 11

4. The Holy Spirit teaches us to make our own life a gift.

From the Word of God

1 John 4: 1-10

Beloved, do not trust every spirit but test the spirits to see whether they belong to God, because many false prophets have gone out into the world. This is how you can know the Spirit of God: every spirit that acknowledges Jesus Christ come in the flesh belongs to God, and every spirit that does not acknowledge Jesus does not belong to God. This is the spirit of the antichrist that, as you heard, is to come, but in fact is already in the world. You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world. They belong to the world; accordingly, their teaching belongs to the world, and the world listens to them. We belong to God, and anyone who knows God listens to us, while anyone who does not belong to God refuses to hear us. This is how we know the spirit of truth and the spirit of deceit. Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. In this way the love of God was revealed to us: God sent his only Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Almighty and ever-living God, your Spirit made us your children, confident to call you Father. Increase your Spirit within us and bring us to our promised inheritance. Grant this through Christ our Lord.⁵

Pray the "Veni Creator, Come Holy Spirit" on Page 11

5. The Holy Spirit communicates the divine life to us.

From the Word of God

Zech 12: 8-10

On that day, the LORD will shield the inhabitants of Jerusalem, and the weakling among them shall be like David on that day, and the house of David godlike, like an angel of the LORD before them. On that day I will seek the destruction of all nations that come against Jerusalem. I will pour out on the house of David and on the inhabitants of Jerusalem a spirit of grace and petition; and they shall look on him whom they have thrust through, and they shall mourn for him as one mourns for an only son, and they shall grieve over him as one grieves over a first-born.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Father, your love never fails. Hear our call. Keep us from danger and provide for all our needs. Grant this through Christ, our Lord.

Pray the "Veni Creator, Come Holy Spirit" on Page 11

6. The Holy Spirit frees us from sin and lukewarm half-heartedness

From the Word of God

Psalm 26

Give judgment for me, O LORD:
for I walk the path of perfection.
I trust in the LORD; I have not wavered.

Examine me, LORD, and try me;
O test my heart and my mind,
for your love is before my eyes
and I walk according to your truth.

I never take my place with liars
and with hypocrites I shall not go.
I hate the evil-doer's company:
I will not take my place with the wicked.

To prove my innocence I wash my hands
and take my place around your altar,
singing a song of thanksgiving,
proclaiming all your wonders.

O LORD, I love the house where you dwell,
the place where your glory abides.

Do not sweep me away with sinners,
nor my life with bloodthirsty men
in whose hands are evil plots,
whose right hands are filled with gold.

As for me, I walk the path of perfection.
Redeem me and show me your mercy.
My foot stands on level ground;
I will bless the LORD in the assembly.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Father, you call your children to walk in the light of Christ. Free us from darkness and keep us in the radiance of your truth. Grant this through Christ our Lord.

Pray the "Veni Creator, Come Holy Spirit" on Page 11

7. The Holy Spirit guides us to the fullness of truth.

From the Word of God

I John 1: 1-10

What was from the beginning, what we have heard, what we have seen with our eyes, what we looked upon and touched with our hands concerns the Word of life-- for the life was made visible; we have seen it and testify to it and proclaim to you the eternal life that was with the Father and was made visible to us-- what we have seen and heard we proclaim now to you, so that you too may have fellowship with us; for our fellowship is with the Father and with his Son, Jesus Christ. We are writing this so that our joy may be complete. Now this is the message that we have heard from him and proclaim to you: God is light, and in him there is no darkness at all. If we say, "We have fellowship with him," while we continue to walk in darkness, we lie and do not act in truth. But if we walk in the light as he is in the light, then we have fellowship with one another, and the blood of his Son Jesus cleanses us from all sin. If we say, "We are without sin," we deceive ourselves, and the truth is not in us. If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing. If we say, "We have not sinned," we make him a liar, and his word is not in us.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

God of wisdom and love, source of all that is good, send your Spirit to teach us your truth and guide our actions in your way of peace. Grant this through Christ our Lord.

Pray the "Veni Creator, Come Holy Spirit" on Page 11

8. The Holy Spirit gives us assurance of victory over evil

From the Word of God

Ephesians 6: 10-17

Draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all (the) flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the word of God.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Father, let the light of your truth guide us to your kingdom through a world filled with lights contrary to your own. Christian is the name and the gospel we glory in. May your love make us what you have called us to be. We ask this through Christ our Lord.⁶

Pray the "Veni Creator, Come Holy Spirit" on Page 11

9. The Holy Spirit gives us the wonderful peace of God.

From the Word of God

Psalm 55: 2-9

Listen, God, to my prayer; do not hide from my pleading; hear me and give answer. I rock with grief; I groan at the uproar of the enemy, the clamor of the wicked. They heap trouble upon me, savagely accuse me. My heart pounds within me; death's terrors fall upon me. Fear and trembling overwhelm me; shuddering sweeps over me. I say, "If only I had wings like a dove that I might fly away and find rest. Far away I would flee; I would stay in the desert.

Silence

Prayer

Our Father, Hail Mary, Glory be

Conclusion

Lord God of Power and might, nothing is good which is against your will, and all is of value which comes from your hand. Place in our hearts a desire to please you and fill our minds with insight into your love, so that every thought may grow in wisdom and all our efforts may be filled with your peace. We ask this through Christ our Lord. ⁷

Pray the "Veni Creator, Come Holy Spirit" on Page 11

Come, Holy Spirit, Creator blest,⁸
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.

Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father, Thou
Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.

Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide,
turn from the path of life aside.

Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed,
of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter,
henceforth by all in earth and heaven.

Amen.

For private use only. This Prayer has been prepared for use at St. Edward Catholic Church, Newark, CA. Any other use must have the approval of the local Pastor.

¹ The Grail Psalter, Liturgy of Hours

² Liturgy of Hours, Wednesday, Week I, Office of Readings

³ Liturgy of Hours, Tuesday, Week I, Morning Prayer

⁴ XXII Week in Ordinary Time, unofficial translation from Latin edition typica

⁵ see 19th Sunday of the Year, Roman Missal

⁶ see 15th Sunday of the Year, Roman Missal

⁷ see 22nd Sunday of the Year, Alternate Prayer, Roman Missal

⁸ Veni Creator Spiritus