

**Novena to the Holy Spirit  
through the Intercession of St John of Avila**

**Day 1**

*Accende lumen sensibus  
Infunde amorem cordibus  
Infirma nostri corporis  
Virtute firmans perpeti.*

*Kindle a light in our minds  
Pour love into our hearts  
Uphold with your unfailing strength  
The frailty of our human nature.*

Lighten, O Lord,  
with the rays of your eternal brightness,  
the darkness of my understanding,  
so that I can with confidence and a clear mind  
choose you alone for my eternal good.  
My Lord and my God,  
set my heart and my will on fire  
with love and desire for you,  
so that I may love you alone.  
Strengthen, Lord, with your strength,  
the weakness of my body,  
so that all that is within me  
may please and content you,  
may understand, love, and serve you  
Amen.

**Breath**

‘He breathed on them  
and said to them, “Receive the Holy Spirit”.’  
*John 20:22*

‘Has it never happened that your soul has felt dry, lacking in fervour, discontented, full of fear, sorrowful, disillusioned, so that nothing can satisfy you; and while you are in distress, and perhaps distraught in mind, a breath of holiness comes to you, a feeling of relief revives you, strengthens, encourages you, and makes you yourself again; gives you fresh aspirations, ardent love, great and holy peace, and makes you speak words and accomplish deeds that astonish you yourself. That is the Holy Spirit. That is the Comforter who has breathed upon you, has come to you. You will have renewed vigour, will act and speak differently, and have new desires. Whereas formerly nothing seemed of importance, everything worried and annoyed you, now you have a zest for living, you are content, everything exhilarates you, you learn from everything. A blade of grass, looked at attentively, will make you praise Our Lord, God, and will teach you to know the Maker and wonderful Creator of all things, and will so inspire your heart with feelings of piety and gratitude towards the all-powerful Lord, that if you could speak you would tell of the marvels and wonders performed by the Lord of Creation.’

Our Father...Hail Mary...Glory be...

May the Holy Spirit, through the merits of Jesus Christ and the blood he shed for us  
on the Cross, deign to come to our hearts and cure our souls. Amen

Mary, Spouse of the Holy Spirit, pray for us  
St John of Avila, pray for us

## Day 2

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## Mary

‘All these with one accord were devoting themselves to prayer,  
together with the women and Mary the mother of Jesus...’  
*Acts 1:14*

‘I consider it a great mystery that the Mother of God should have remained among the apostles after the passion as well as after the ascension...Our Lord’s apostles were in the Cenacle; at one end were the men and at the other the Virgin, Our Lady, the Marys and the other holy women. Being in great distress they said: “Let us speak to the Virgin, since she has been left to console us.” Our Lady, then, was praying and went out with a look of such peace and happiness on her countenance that at the sight of her those who were sad and afflicted felt consoled, the sick felt better and all who were frightened felt soothed. She said, “Do not be anxious. Believe that He will come. Now sit down.” She made them all sit. She comforted them and then the most holy Virgin went down on her knees, raised her hands to heaven and with tears streaming from her blessed eyes, started to pray to her beloved Son: “Send them, Lord, the Paraclete to console them. Lord keep the promise Thou didst make them in Thy name that the Holy Spirit, the Paraclete, would come. My Son, send Thy Holy Spirit to these weak men!” The Holy Spirit, then, came to the apostles, embraced them, consoled them, gave them courage, gave them the kiss of peace.’

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### Filled

‘And they were all filled with the Holy Spirit...’  
*Acts 2:4*

‘The blessed apostles were filled to overflowing with the fire of the Holy Spirit; they were filled with this celestial grace, so that it might be understood ever after that no one should speak or preach of the Holy Spirit unless he be filled, and filled to overflowing, with this heavenly gift, with this holy fire. When the apostles spoke and told of the marvels and wonders that witnessed to God’s greatness and published them abroad, they were glowing with fervour and filled with grace sent them by Our Lord. The Holy Spirit came in tongues of fire so that they might understand that the tongues of those who speak of the wonders of God must speak words of fire, words of burning love.’

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‘What you see and hear is the outpouring of that Spirit.’  
*Acts 2.33*

### Transformation

‘Look at the effects of the Holy Spirit on the apostles. They were all cowards because they were too wrapped up in themselves. But when the Holy Spirit came to them and entered their hearts, all fear left them; they spurned the flesh and renounced pride and envy; they cast off their vices trampling them underfoot, as victors tread upon those who once vanquished and terrified them and filled them with fear. They opened the door which formerly they had kept shut. They were full to overflowing of the Holy Spirit, full of fortitude and charity, and they began to preach Christ’s doctrine, not coldly and without ardour, but in words of fiery eloquence: “Blessed be God!” ‘

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## Passion

‘...the blood of Christ, through the eternal Spirit  
offered himself without blemish to God’  
*Hebrews 9.14*

‘Who, Lord, caused you to suffer so much? Who inspired your heart to accept such suffering? It was the Holy Spirit that moved and incited Christ to shed His blood so readily for us. He who made Jesus Christ lay himself on a Cross made your heart choose to follow Christ. Do not regret what you have done; do not be discouraged at anything that may happen to you.’

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### True Friend

'I will ask the Father,  
and he will give you another Advocate,  
to be with you forever.'  
*John 14:16*

'Today the Holy Spirit preaches the same message that Jesus Christ preached, teaches the same doctrine, consoles and delights man as He did. What more could you ask for? What more could you look for? What more do you want? For you have within you a counsellor, a tutor, a director. One who will guide you, advise you, encourage you, put you on the right road, who will accompany you in everything you do, and everywhere you go. Finally, if you do not lose sanctifying grace, He will go by your side so that you may neither do, say nor think anything that is not inspired or directed by Him. He will be your faithful and true friend; if you do not leave Him, He will never leave you.'

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### One Spirit

‘But he who is joined to the Lord becomes one spirit with him.’  
*1 Cor 6:17*

‘No one can tell you or describe to you what this embrace, this kiss of the Holy Spirit is like. The Holy Spirit is so good to him who possesses Him. Oh, fortunate is he to whom the Holy Spirit comes. “He who is joined to the Lord is one spirit;” the Holy Spirit and he are one and the same. It is that of which Jesus Christ said: “they two shall be in one flesh.” “Why should God, who is the Holy Spirit, become one with man?” “To give man virtues to make him holy; to give him fine garments, to adorn and restore him to health. That is what the coming of the Holy Spirit, the embrace of the Holy Spirit, does to man. But that embrace cannot be described.”’

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### Fragrance

‘We are the aroma of Christ.’  
*2 Cor 2.15*

If all the perfumes in the world, among them civet, musk, amber, orange blossom, jasmine, were mingled together, without the smell of one being stronger than another, what a beautiful odour would result! How it would soothe you, how it would comfort your soul! Well, take note that, in comparison with the odour of the Holy Spirit, all these perfumes would seem more bitter, more disagreeable than gall. Oh what savour, what beauty of colour, what a taste, what comfort, what peace, what joy, what happiness, what strength the apostles experienced when they felt within them the breath of the Holy Spirit! How happy, how satisfied, how contented they felt when their souls were filled to overflowing with the Holy Spirit! Beseech Him to give us the breath of the Holy Spirit, the “whistling of the gentle breeze.” ’

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‘The fruit of the Spirit is love...’  
*Gal 5.22*

### **Zeal**

‘He fosters and increases and revives all that is agreeable to God. He fills you with zeal that you may try how you can please God; fills you with such love of your neighbours, that you feel as distressed at their difficulties and hardships as if they were your own, if not more distressed. He makes you as fleet-footed as deer so that you may run along the way of the Lord.’

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