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# Ten Days to Prepare the Feast of the Holy Spirit

We propose a simple decade for young people to prepare for the Feast of the Holy Spirit: say a prayer, read a text by Saint Josemaría and propose a mission (a purpose).

07/05/2024

To be born from above is to be born with the strength of the Holy Spirit. We cannot keep the Holy Spirit for ourselves; we can only allow Him to

transform us. And our docility opens the door to the Holy Spirit; it is He who changes us, who works this transformation in us, this rebirth from on high. This is the promise that Jesus makes: to send the Holy Spirit. The Holy Spirit is capable of wondrous things that we cannot even imagine.

*Pope Francis*

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## **10 days To prepare for the Solemnity of the HOLY SPIRIT**

1 PRAYER TO THE HOLY SPIRIT + 1  
TEXT TO PRAY + 1 MISSION THE  
HOLY SPIRIT SENDS YOU EACH DAY

PRAYER TO THE HOLY SPIRIT

Come, O Holy Spirit!

Enlighten my mind to know your commands; strengthen my heart against the snares of the enemy; inflame my will...

I have heard your voice, and I don't want to harden myself and resist, saying "Later..., tomorrow."

*Nunc coepi!* Now I begin! In case there is no tomorrow for me.

O Spirit of truth and wisdom, Spirit of understanding and counsel, Spirit of joy and peace! I want whatever you want. I want because you want, I want however you want, I want whenever you want.

***Saint Josemaría***

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***DAY 1***

**1 PRAYER TO THE HOLY SPIRIT**

## 1 TEXT

*At times, someone has told me:  
“Father, I feel tired and cold; when  
I pray or fulfil some other norm of  
piety, I seem to be acting out a  
farce.”*

*To that friend, and to you, if you  
are in the same boat, I answer: A  
farce? What an excellent thing, my  
child! Act out that farce! The Lord  
is your audience -- the Father, the  
Son, and the Holy Spirit. The  
Blessed Trinity is contemplating us  
in those moments when we are  
“acting out a farce.”*

*Acting like that in front of God, out  
of love, in order to please him,  
when our whole life goes against  
the grain: how splendid, to be  
God’s juggler! How marvellous it  
is to play one’s part for Love, with  
sacrifice, without any personal  
satisfaction, just in order to please  
Our Lord!*

*That indeed is to live for Love.*

## *Forge 485*

### 1 MISSION

To make the determined resolution that **we will love God for what he is in himself** and not for what he gives or promises us.

### *DAY 2*

#### 1 PRAYER TO THE HOLY SPIRIT

#### 1 TEXT

*Only when a man is faithful to grace and **decides to place the cross in the centre of his soul**, denying himself for the love of God, detaching himself in a real way from all selfishness and false human security, only then — **when a man lives by faith in a real way** — will he receive the fullness of the great fire, the great light, the great comfort of the Holy Spirit.*

*It is then, too, that the soul begins to experience the peace and freedom which Christ has won for us, and which are given to us with the grace of the Holy Spirit.*

## ***Christ Is Passing By, 137***

### **1 MISSION**

To ask and seek **peace for my soul**, habitual disposition for the Holy Spirit to dwell always in me. To detect what takes away my peace.

### ***DAY 3***

#### **1 PRAYER TO THE HOLY SPIRIT**

#### **1 TEXT**

*A sure way to be humble is to contemplate how, even without talents, fame or fortune, we can **be effective instruments if we go to the Holy Spirit so that He may grant us his gifts.***

*The apostles, though they had been taught by Jesus for three years, fled in terror from the enemies of Christ. But after Pentecost, they let themselves be flogged and imprisoned and ended up giving their lives in witness to their faith.*

## ***Furrow 283***

### **1 MISSION**

**To take seriously my time of prayer.** In this way, I will enter your life and together we will give testimony of my faith.

### ***DAY 4***

### **1 PRAYER TO THE HOLY SPIRIT**

### **1 TEXT**

*You tell me: I have made up my mind to go more often to the Paraclete, to ask him for his light.*

*Good. But remember, my child, that the **Holy Spirit comes as a result of the Cross.***

### ***Forge 759***

***This is what Our Lord wants, for we need it if we are to follow him closely. There is no other way. This is the work of the Holy Spirit in each soul -- in yours.***

*Be docile and present no obstacles to God, until he makes your poor flesh like that of Jesus on the Cross.*

### ***Furrow 978***

#### **1 MISSION**

**Mortification.** To offer up to Him what costs me, my difficulties. To help him to carry the Cross.

#### **DAY 5**

#### **1 PRAYER TO THE HOLY SPIRIT**

## 1 TEXT

*First of all, docility, because it is the Holy Spirit who, with his inspirations, gives a supernatural tone to our thoughts, desires and actions. It is he who leads us to receive Christ's teaching and to assimilate it in a profound way. It is he who gives us the **light** by which we perceive our personal calling and the **strength to carry out all that God expects of us**. If we are docile to the Holy Spirit, the image of Christ will be formed more and more fully in us, and we will be brought closer every day to God the Father. "For whoever are led by the Spirit of God, they are the children of God."*

### ***Christ is Passing By 135***

## 1 MISSION

**To train my docility.** To ask for light and strength to love whatever You love.

## **DAY 6**

### 1 PRAYER TO THE HOLY SPIRIT

#### 1 TEXT

*They knew that Jesus alone could give them words of eternal life, and they were ready to follow him and to give their lives for him. But they were weak, and in the time of trial, they fled and left him alone.*

*On Pentecost all that is a thing of the past. The Holy Spirit, who is **the Spirit of strength, has made them firm, strong, and daring**. The word of the Apostles resounds forcefully through the streets of Jerusalem.*

### **Christ is Passing By 127**

#### 1 MISSION

**To ask for the gift of fortitude** and to train myself to overcome the difficulties that I may find in my path of fidelity to God.

## **DAY 7**

### **1 PRAYER TO THE HOLY SPIRIT**

#### **1 TEXT**

*Beyond all human deficiencies and limitations, the Church is the sign and in a certain sense, though not in the strict sense in which the Church has defined the nature of the seven sacraments of the new law, the universal sacrament of the presence of God in the world. To be a Christian is to be reborn of God and sent to men **to announce the news of salvation.** If we had a strong and manly faith, a living faith, if we were bold in making Christ known to others, we would see with our own eyes miracles such as those that took place in the times of the Apostles.*

### ***Christ is Passing By 127***

#### **1 MISSION**

**To dream of the miracles** that I will see if I live with faith and audacity in my Christian life.

## **DAY 8**

### **1 PRAYER TO THE HOLY SPIRIT**

#### **1 TEXT**

*An act of complete acceptance of the will of God: **'Is that what you want, Lord?... Then, it's what I want also!'***

#### **The Way 762**

***There are three important things you need to do to draw people to God. Forget yourself, and think only of the glory of your Father God.***

*Subject your will filially to the Will of Heaven, as Jesus Christ taught you. Follow with docility the lights of the Holy Spirit.*

#### **Furrow 793**

#### **1 MISSION**

**To grow up in trusting God.** To ask you, without fear, what is the plan that you have thought for me to be happy. To trust you.

## **DAY 9**

### 1 PRAYER TO THE HOLY SPIRIT

#### 1 TEXT

*Jesus says: "He who hears you hears me."*

***Do you still think it is your words that convince people? Don't forget either that the Holy Spirit can carry out his plans with the most useless instrument.***

### **Forge 671**

*'Proclaim the Good News. .. I shall be with you...'* It is Jesus who has said this... and he has said it to you.

### **The Way 904**

## 1 MISSION

To **ask the gift of counsel to help others** and to give them direction in their encounter with God.

### ***DAY 10***

## 1 PRAYER TO THE HOLY SPIRIT

### 1 TEXT

*To live according to the Holy Spirit means **to live by faith and hope and charity** — to allow God to take **possession of our lives and to change our hearts**, to make us resemble him more and more. A mature and profound Christian life cannot be improvised, because it is the result of the growth of God's grace in us. In the Acts of the Apostles, we find the early Christian community described in a single sentence, brief but full of meaning: "And they continued steadfastly in the teaching of the apostles and in the communion*

*of the breaking of the bread and in prayers.”*

## ***Christ is Passing By 134***

### 1 MISSION

To come back to the essence, to live in conformity with the three theological virtues: **faith, hope and charity.**

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