



COME HOLY SPIRIT!

PENTECOST 2020

'There is no freedom greater than letting yourself be guided by the Holy Spirit, and allowing Him to lead you wherever he wishes'

- Pope Francis 14 May 2018

After the example of Mary and the disciples on the first Pentecost on which 'the Church came to birth', we pray and wait for the same Spirit graciously promised by Jesus and listen with quiet hearts to the Word of the Lord:

Come, Holy Spirit: you are harmony; make us builders of unity. You always give yourself; grant us the courage to go out of ourselves, to love and help each other, in order to become one family. Amen. -

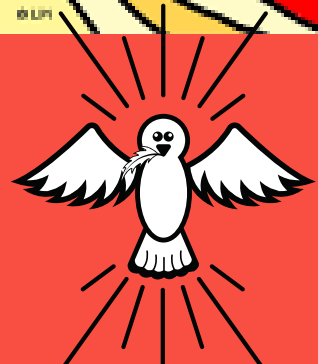
Pope Francis



We recall...

ACTS 2:1-4

"When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them the ability".



Come, Holy Spirit, fill the hearts of your faithful and enkindle them in the fire of your love. Amen.



“But the Advocate, the Holy Spirit, whom the Father will send in my name will teach you all things and will remind you of everything I have said to you.” (John 14:26)

Be Not Afraid

On that first Pentecost, the disciples were afraid and fearful of what was happening to them. But that fear was soon replaced with boldness and courage as the Holy Spirit came over them and the Church came to life. This Pentecost should serve as a reminder that we should not be afraid. We should trust in the Holy Spirit at work in each one of us, and remember what Jesus has taught us.



- Are you afraid of anything at the moment?
- Have you remembered lately that you are also a disciple of Jesus and that the Holy Spirit is at work in you just like it was at work in the disciples on the first Pentecost?

We need the Holy Spirit to give us new eyes, to open our minds and our hearts to face the present moment and the future having learned this lesson: That humanity is one. No one is saved alone. No one.

- Pope Francis



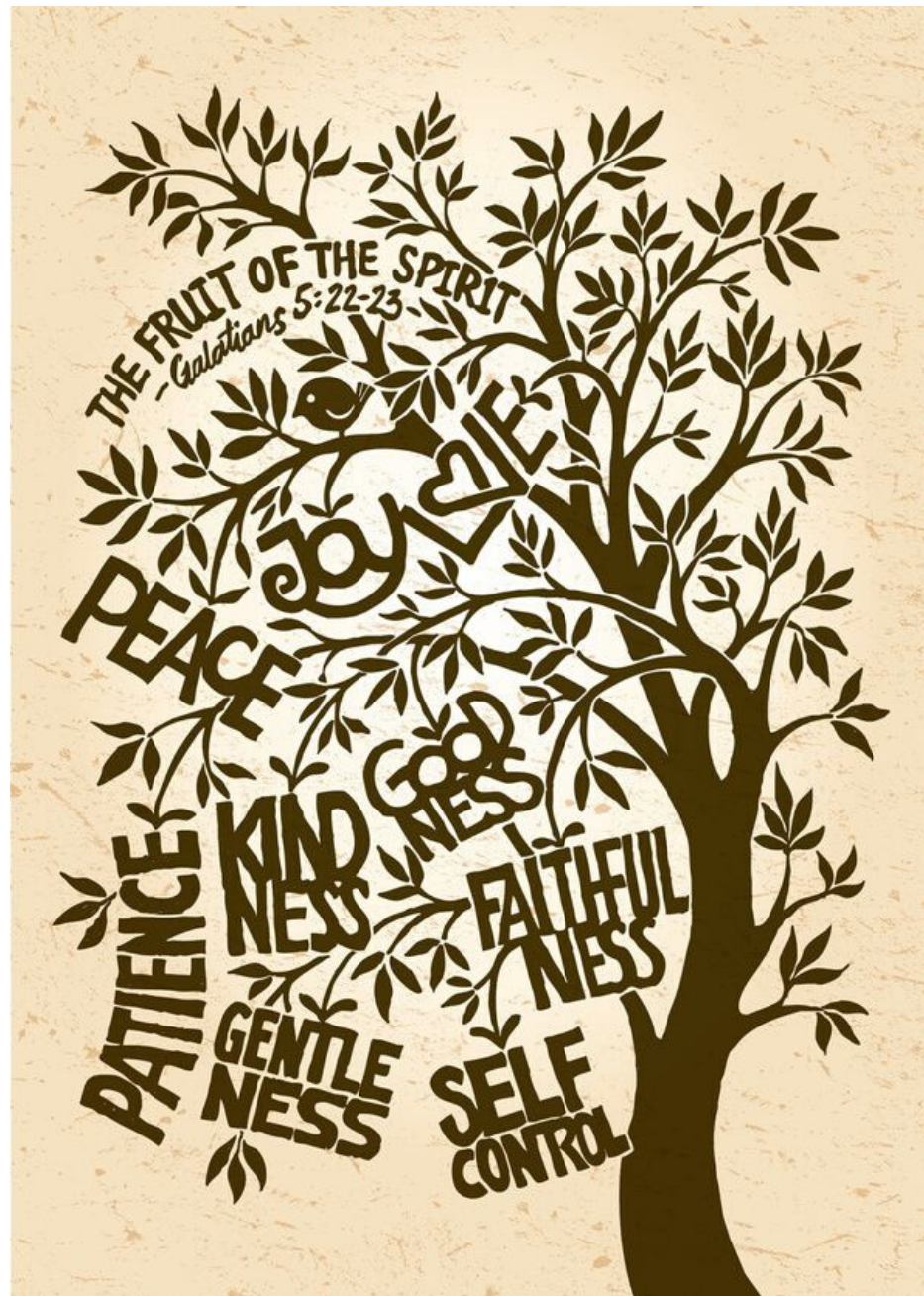
Fruits of the Holy Spirit

When we are filled with the Holy Spirit, we show the fruits of the Holy Spirit in our lives.

Saint Paul tells us that these fruits are

love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

- During lockdown, am I actively depending on the Holy Spirit to guide me in God's ways so I don't get wrapped up in myself or in the negative things around me?
- If not, am I willing to confess to God that His ways are better than mine, and that I need the Spirit's guidance to live a life more pleasing to Him?
- How have I shown love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control during lockdown?
- Could I do more to embody these fruits?



Holy Spirit of life, enflame me with passion for the Good News. Let my voice ring with the hope and promise of Christ. Immerse me in compassion and kindness. May my words bring comfort to those in need of consolation and assurance. Enlighten my mind and heart. Fill my speech with expressions of peace and understanding. Amen.