



HOLY SPIRIT

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O Holy Spirit, You are the creator of the universe. Every living being came into existence because of you and through You. You breathed your life into everything and the universe came into being. Come visit us today and fill us anew with your heavenly flame, with your life, with your unfailing love.

O Holy Spirit, You are gifted by the Father and is with us, available to us 24 hours, 1440 mins, 86400 seconds of the day. You are the life giving spring. Engulf us and refresh us with your flowing stream of new life, love and presence. When we open ourselves we are at peace, restfull and everything is pleasant. Uttering your name itself is calming, anointing and energizing. You are powerfull like consuming fire and eliminate all that is negative within and around us. You protect and take care of us every moment .

O Holy Spirit, You are the divine finger of God's right hand. You are the promised one of the Father. You are absorbed in the divine, the absolute and is filled with all goodness. You are the one to teach us the heavenly language loaded with divinity, come, teach us God's language that we may be able to discover your gentle whisperings each moment of this new day.

O Holy Spirit, You are the heavenly fire filled with divine love. Ignite us with the fire of love our each sense, that all of it may emit your life to all we encounter this day. Pour out your love into our hearts that every fibre of our being be a medium of Your presence in love to all. Our flesh is weak and feeble. Strengthen us with your powerfull presence. May we be an effetive medium sparked with divine fire from the Triune God.

O Holy Spirit today more than ever we are surrounded by dreadful enemies. We beg you to come to our assistance with your all powerfull presence and chase away from us all life threatening forces, the negative energies. May your guiding presence lead us through the right path. Open our mind and heart to your peacefull presence, the positiveness.

O Holy Spirit, You are our guiding light .Thank you for taking us to the Father and the Son. May you continue to shower your grace and guide our thoughts and minds to enter deeply into the life of the Father and Jesus. May we grow in profound knowledge of the Triune God each day.

Sr. Archana Sebastian SSpS

O Holy Spirit, come and dwell in me, send the rays of your light from heaven. Spirit of God, I consecrate my heart and mind totally to you. You are my strength and light of my soul. Fill me with your divine gifts; sanctify my thoughts words that I use in my daily conversation that may not hurt others. Help me to hear your sweet voice in everything. Grant me the spiritual gifts of wisdom, understanding, prudence, fortitude, knowledge, fear of the Lord and piety that I may use them for the good of others. As the daughter of God enrich me with the fruits of the Spirit. Fill me with the divine virtues of faith, hope and charity so that I may be able to show with this life what God's love is. Fill me with the Spiritual teachings and spiritual power. O Spirit, my good friend and Advocate, may I feel your presence every moment of life.

Sr. Fransiska Kido SSps

O my Divine Holy Spirit come to my life with your Seven-fold Gifts and Charisms so that I may be able to fulfill the commitment to serve the people to wherever I am sent. Let your gifts purify me so that I become the charism to build up the community for the glory of God. I believe that You are the 3rd Person in the undivided Triune God and you are the author of all good and the Source of all graces. Fill me with your graces that I may be able to fulfill my call to serve people with compassion, love & mercy. Your healing touch will enable me to be a worthy follower of Christ. Fill me with your gifts of Compassion Reconciliation, Love & Discernment so that I can lead people to God & bring forth Fruits of your gifts.

Sr. Manjita Tigga SSps

God Holy spirit you are the holy Spouse of Blessed Virgin Mary. Please come into me and penetrate my heart with your Divine love. Melt my pride that blocks my eyes from seeing you. Mould me according to your will and use every part of my body, mind and spirit for the glory of God. Thank you for being with me in every moment and speaking to me through your gentle whisperings. Often, I am so noisy and as a result I fail to listen to your promptings. I ask your pardon sincerely for grieving you by avoiding you and your words. You are the God who is always with me and part of my being. You are the one who rejoices and suffers with me at every moment. It is in you I find my life so fruitful and alive. Remain with me always according to your promise made several times in our holy Scripture. I make this prayer through Christ our Lord. Amen.

Sr. Dibya Mallika Dang SSps

O' life giving spirit I worship and adore you as the principle of my eternal happiness. Thank you for all your blessings, graces and I invoke you as the source of my light and strength. Holy spirit, you led Jesus Christ ,you guided the prophets and apostles, abide in me always ,remain in my heart, be my constant companion in my life and never let me go astray. Holy spirit, fill my heart with your gifts, let my love be true and my charity be generous, help me in all my needs and grant me knowledge to do what is right, advice me in all my weaknesses. I beg you Spirit to protect me when I am tempted and console me when I am afraid, graciously hear me, O Holy Spirit, pour your light into my heart, mind and soul, help me to live a holy life and grow in goodness and grace.

Holy Spirit, be in my intellect and in my understanding.
 Holy Spirit, be in my eyes and in my sight.
 Holy Spirit, be in my mouth and in my speech.
 Holy Spirit, be in my mind and in my thinking.
 Holy Spirit, be in my heart and in my feelings. Amen.

Sr. Deepti Soreng SSpS

Oh, Holy Spirit, you are the third person of the Blessed Trinity. You are the Spirit of truth, love and holiness, proceeding from the Father and the Son, I love you and adore you. Spirit of wisdom and understanding enlighten my mind and heart to persevere in prayer. Spirit of light and love, grant me a strong and living faith which makes me accept all revealed truth by Jesus. Holy Spirit help me love not only my friends but those who are against me as well. In imitation of Jesus Christ who through you offered himself on the cross for all people, breath into me O Spirit of Jesus that my thoughts, words and actions may be holy. Holy Spirit, animate, inspire and guide me to be always a true follower of you. Amen

Sr. Sunita Digal SSpS



O Holy Spirit, Spirit of Wisdom, make us truly wise. Grant us the grace to know the needs of others ahead of time and help us to keep our hearts open for every one. May your spirit bring forth the fruits of love and joy for one another.

O Holy Spirit, Spirit of Understanding, help us to know and care for each other as we are. May we be able to love unconditionally and see your and notice each ones' goodness rather than weaknesses sand limitations

O Holy Spirit, Spirit of Counsel, lead us to the way of righteousness. May you be in our every thoughts and action so that we may not judge others but extend unconditional acceptance.

O Holy spirit, Spirit of Fortitude, strengthen us to do everything in love. And give us the courage to face the challenges of our day to day life.

O Holy Spirit, Spirit of Knowledge, increase in us the quality of holiness in our attitude and teach us to tread the path of truth.

O Holy Spirit, Spirit of Godliness, pour in us the fire of your love. Make our hearts generous to serve you and our brothers and sisters in need.

O Holy Spirit, Spirit of the fear of the Lord, open our hearts and minds to see your creation with utmost awe and wonder. May we be able to love and respect you, as you live in each one's heart.

O seven gifts of the Holy Spirit, we welcome you, come into our hearts and enthrone in this small chamber prepared with love for you. Amen.

Sr. Premcila Minz SSpS

O Holy Spirit, you are the third person of the blessed Trinity. I adore you and love you with all my heart. Teach me to know and seek God, by whom and for whom I was created. Fill my heart with a holy fear and a great love for Him. Holy Spirit, animate, inspire, and guide me, and help me to be always a true follower of you, Breath into me, Holy Spirit, that my thoughts may all be holy. Protect me, O Holy Spirit that I may always be holy.

Sr. Sushmita Soreng SSpS

Spirit of wisdom and understanding, enlighten our minds to perceive the mysteries of the universe in relation to eternity. Spirit of right judgment and courage, guide us and make us firm in our baptismal decision to follow Jesus in the way of love. Spirit of knowledge and reverence, help us to see the lasting value of justice and mercy in our everyday dealing with one another. May we respect life as we work to solve problems of family and nation, economy and ecology.

Spirit of God, spark our faith, hope and love in to new action each day. Fill our lives with wonder and awe in your presence which penetrates all creation. Amen

Novice Rinki Tandi