

# Holy Spirit Rosary

Join me for the next 20 minutes as we engage in guided prayer, scripture meditation, and practice to learn to connect with the Holy Spirit in a deeper way. Either use a traditional rosary or simply listen and pray with me.

## Our Father

Our Father, Who art in Heaven, Hallowed be Thy name. Thy Kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

## Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.

## Act of Contrition

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of Heaven and all the pains of hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

## Come Holy Spirit

Come, Holy Spirit, fill my heart with Your holy gifts. Let my weakness be penetrated with Your strength this very day that I may fulfill all the duties of my state conscientiously, that I may do what is right and just.

Let my charity be such as to offend no one, and hurt no one's feelings; so generous as to pardon sincerely any wrong done to me. Assist me, O Holy Spirit, in all my trials of life, enlighten me in my ignorance, advise me in my doubts, strengthen me in my weakness, help me in all my needs, protect me in temptations and console me in afflictions.

Graciously hear me, O Holy Spirit, and pour Your light into my heart, my soul, and my mind. Assist me to live a holy life and to grow in goodness and grace. Amen.

# 1st Mystery

By the Holy Spirit is Jesus conceived of the Virgin Mary.

Meditation: "...The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God." (Luke 1:35)

Practice: Diligently implore the aid of the Divine Spirit to imitate the virtues of Jesus Christ, Who is the Model of virtues, so that you may be made conformable to the image of the Son of God.

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# Glory Be x10

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be; World without end. Amen.

# 2nd Mystery

The Spirit of the Lord rested upon Jesus when he was baptized.

Meditation: "And when Jesus had been baptized he at once came up from the water, and suddenly the heavens opened and he saw the Spirit of God descending like a dove and coming down on Him." (Matthew 3:16)

Practice: Hold in the highest esteem the priceless gift of sanctifying grace, infused into your soul by the Holy Spirit in baptism. Keep the promises to which you then pledged yourself. Increase, by constant practice, Faith, Hope, and Love. Ever live and become children of God and members of God's true Church, so as to obtain, hereafter, the inheritance of Heaven.

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## 3rd Mystery

By the Spirit is Jesus led into the desert to be tempted by the devil.

Meditation: "Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit into the desert, for forty days being put to the test by the devil." ([Luke 4:1-2](#))

Practice: Be ever grateful for the sevenfold gift of the Holy Spirit bestowed upon you in confirmation, for the spirit of wisdom and understanding, of counsel and fortitude, of knowledge and piety, and of the fear of the Lord. Faithfully yield to His Divine guidance, so that, in all the trials and temptations of life, you may act bravely, and become a perfect Christian and valiant soldier of Jesus Christ.

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# 4th Mystery

The Holy Spirit in the Church.

Meditation: "...suddenly there came from Heaven a sound as of a violent wind which filled the entire house in which they were sitting...They were all filled with the Holy Spirit and began to speak different languages as the Spirit gave them power to express themselves." (Acts 2:2, 4)

Practice: Thank God for having made you a child of His Church which is ever animated and directed by the Divine Spirit, sent into this world for that purpose of the day of Pentecost. Hear and obey the Holy Spirit, support the Church, the pillar and ground of truth. Uphold her doctrines, seek her interests, defend her rights.

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# 5th Mystery

The Holy Spirit in the soul of the just man and just woman.

Meditation: "Do you not realize that your body is the temple of the Holy Spirit, who is in you and whom you received from God?" (1 Corinthians 6:19) "Do not stifle the Spirit." (1 Thessalonians 5:19) and "do not grieve the Holy Spirit of God who has marked you with his seal, ready for the day when we shall be set free." (Ephesians 4:30)

Practice: Be ever mindful of the Holy Spirit Who is within you, and carefully cultivate purity of soul and body. Faithfully obey His Divine inspirations so that

you may bring forth the fruits of the Spirit - Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, and Self-control.

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## Apostles' Creed

**(as a profession of faith)**

I believe in God the Father Almighty, Creator of Heaven and Earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into Heaven and sits at the right hand of God the Father Almighty. From there shall He come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Church, the communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

## Pray one Our Father and one Glory Be

Our Father, Who art in Heaven, Hallowed be Thy name. Thy Kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be; World without end. Amen.