

**Come, Holy Spirit,  
Fill our hearts and our world with your love!**

Bless us, Holy Spirit, with your gift of WISDOM.  
Help us discover what is right and good.  
Guide us in all our decisions.  
May we see your beauty everywhere and  
May we turn to you often in thankful prayer.

Bless us, Holy Spirit, with the gift of COURAGE.  
Help us to accept what we find difficult and frustrating.  
Give us strength to accept what we cannot change.  
Help us "stand with" those who suffer,  
And may we "stand out" in our caring for those in need.

Bless us, Holy Spirit, with the gift of GENTLENESS.  
May we see each person as a brother or sister to respect.  
Heal our harshness; calm our quickness  
To judge and put others down.  
Please give us hearts of compassionate love.

Bless us Holy Spirit, with the gift of CREATIVITY.  
Help us try new ways and to realize we do not "know it all."  
Help us be persons who risk, explore, and forgive.  
And to admit we simply do not know.  
May our lives help others find hope and joy.

Bless us Holy Spirit, with new AWARENESS,  
Awareness of our responsibilities to ourselves and to others.  
Help us to know you always forgive us, and help us to  
Pick ourselves up and live in the "now."

Bless us, Holy Spirit, with PEACEFULNESS.  
Bring your healing to us, to our Church and to our world.  
Help us to trust you in all things-  
That all will be well, that all will be well. AMEN

(Father John McGrann, 2012; Archdiocese of Portland Oregon)

