

Holy Spirit,

We know that it was you,
who hovered over the waters of creation
as the Father spoke the words that
brought our world into being,
who filled our Blessed Mother
as the incarnation took place within her,
who accompanied Jesus Christ
all through his ministry
but most importantly supported and encouraged
him
during his paschal mystery
while he suffered, died and rose
and lastly who was revealed
and became present
in the lives of the disciples at Pentecost
so that they could fulfill their mission
of preaching the good news
and building the kingdom.

Open up our hearts today
to your abiding presence
so that as you are poured out into our hearts
we may abundantly give of ourselves both to you
and others
in mission, mercifully, peacefully,
and joyfully.

Open up our bodies today
to the energizing connection you make
between us, God and other people
so that as you flow through our bodies
and bond us together
by means of our gifts/talents
we may continually adapt to your will
that all should be one in you.

Open up our minds today
to the prophetic inspiration you give us
about yourself and the gospel
so that as you well up within our minds
as a spring of water to nourish life
we may continue to be uniquely empowered
to nurture others in the faith with your word.

Open up our souls today
to the gentle guidance you offer us
for living our lives meaningfully & well
so that as the soft shower of your love
tenderly enriches all creation
and every human soul
we may generously share your hope
for a better world with all people.

Lastly, open up our spirits today

to the saving grace
that began with the Father
and was fulfilled in the Son
with your assistance
so our friendship with God grows stronger
throughout this life all the way to the next.

Amen.