

Thou, on those who evermore Thee confess and Thee Adore, in Thy sevenfold gift, Descend; Give Them Comfort when they die; Give them Life with Thee on high; Give them joys which never end. Amen

The Fruits of the Holy Spirit

The gifts of the Holy Spirit perfect the supernatural virtues by enabling us to practice them with greater docility to divine inspiration. As we grow in the knowledge and love of God under the direction of the Holy Spirit, our service becomes more sincere and generous, the practice of virtue more perfect. Such acts of virtue leave the heart filled with joy and consolation and are known as Fruits of the Holy Spirit. These Fruits in turn render the practice of virtue more attractive and become a powerful incentive for still greater efforts in the service of God, to serve Whom is to reign.

Prayer

Come, O Divine Spirit, fill my heart with Thy heavenly fruits, Thy charity, joy, peace, patience, benignity, goodness, faith, mildness, and temperance, that I may never weary in the service of God, but by continued faithful submission to Thy inspiration may merit to be united eternally with Thee in the love of the Father and the Son. Amen.

Pray: "Our Father" and "Hail, Mary" ONCE. "Glory be" SEVEN TIMES.

And these final two prayers:

ACT OF CONSECRATION TO THE HOLY SPIRIT

On my knees before the great multitude of heavenly witnesses I offer myself, soul and body to You, Eternal Spirit of God. I adore the brightness of Your purity, the unerring keenness of Your justice, and the might of Your love. You are the Strength and Light of my soul. In You I live and move and am. I desire never to grieve You by unfaithfulness to grace, and I pray with all my heart to be kept from the smallest sin against You. Mercifully guard my every thought and grant that I may always watch for Your light, and listen to Your voice, and follow Your gracious inspirations. I cling to You and give myself to You and ask You, by Your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds, and trusting in His Precious Blood and adoring His opened Side and stricken Heart, I implore You, Adorable Spirit, Helper of my infirmity, to keep me in Your grace that I may never sin against You. Give me grace O Holy Spirit, Spirit of the Father and the Son to say to You always and everywhere, "Speak Lord for Your servant heareth." Amen.

PRAYER FOR THE SEVEN GIFTS OF THE HOLY SPIRIT

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, deign to grant the same Holy Spirit to me that He may perfect in my soul, the work of Your grace and Your love. Grant me the Spirit of Wisdom that I may despise the perishable things of this world and aspire only after the things that are eternal, the Spirit of Understanding to enlighten my mind with the light of Your divine truth, the Spirit of Counsel that I may ever choose the surest way of pleasing God and gaining heaven, the Spirit of Fortitude that I may bear my cross with You and that I may overcome with courage all the obstacles that oppose my salvation, the Spirit of Knowledge that I may know God and know myself and grow perfect in the science of the Saints, the Spirit of Piety that I may find the service of God sweet and amiable, and the Spirit of Fear that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord, with the sign of Your true disciples, and animate me in all things with Your Spirit. Amen.

Listen in silence, and reflect throughout the day: what trials and opportunities come your way that the Spirit in wisdom reveals to be "your cross" that you must pick up to follow Christ daily into the desert of Lent? Ask the Spirit to send the wisdom to recognize them and the strength to humbly accept them!