



# YEAR OF THE HOLY SPIRIT

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## **Curiosity phase (January - March)**

### Question:

Can the Holy Spirit help with my needs & desires?

### Scripture:

The Advocate, the Holy Spirit that the Father will send in my name, he will teach you everything and remind you of all that I told you. (John 14:26)

### Intention:

That the Holy Spirit will help us get to know Him better.

### Invocation:

Come Holy Spirit, show us who You really are.

### Tool:

Recommended Study Materials

### Prayer:

Litany of the Holy Spirit

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## RECOMMENDED STUDY MATERIALS

### Official Church Documents:

- **DOMINUM ET VIVIFICANTEM:**

On the Holy Spirit in the Life of the Church and the World  
St. John Paul II (May 18, 1986) vatican.va, John Paul II, Encyclicals

- **CATECHISM OF THE CATHOLIC CHURCH**

Paragraphs 683 - 747

### Video Series:

- **THE WILD GOOSE:**

Discovering a Deeper Relationship with the Holy Spirit  
(16 episodes, plus study guide)

<https://app.formed.org/app/collections/116526>

### Book:

- **IN THE SCHOOL OF THE HOLY SPIRIT**

Fr. Jacques Philippe (Scepter, 2007)

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Recommended especially for use by the practice teams.  
The idea is to choose only one (1) of the above.



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## Litany of the Holy Spirit

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Father All-Powerful, have mercy on us.

Jesus, Eternal Son of the Father, Redeemer of the world, save us.

Spirit of the Father and the Son, boundless life of both, sanctify us.

Holy Trinity, hear us.

Holy Spirit, Who proceeds from the Father and the Son,  
enter our hearts.

Holy Spirit, Who art equal to the Father and the Son,  
enter our hearts.

Promise of God the Father, have mercy on us.

Ray of heavenly light, have mercy on us.

Author of all good, have mercy on us.

Source of heavenly water, have mercy on us.

Consuming fire, have mercy on us.

Ardent charity, have mercy on us.

Spiritual unction, have mercy on us.

Spirit of love and truth, have mercy on us.

Spirit of wisdom and understanding, have mercy on us.

Spirit of counsel and fortitude, have mercy on us.

Spirit of knowledge and piety, have mercy on us.

Spirit of the fear of the Lord, have mercy on us.

Spirit of grace and prayer, have mercy on us.

Spirit of peace and meekness, have mercy on us.

Spirit of modesty and innocence, have mercy on us.

Holy Spirit, the Comforter, have mercy on us.

Holy Spirit, the Sanctifier, have mercy on us.

Holy Spirit, Who governs the Church, have mercy on us.

Gift of God, the Most High, have mercy on us.

Spirit Who fills the universe, have mercy on Us.

Spirit of the adoption of the children of God, have mercy on us.

Holy Spirit, inspire us with horror of sin.  
Holy Spirit, come and renew the face of the earth.

Holy Spirit, shed Thy light in our souls.

Holy Spirit, engrave Thy law in our hearts.

Holy Spirit, inflame us with the flame of Thy love.

Holy Spirit, open to us the treasures of Thy graces.

Holy Spirit, teach us to pray well.

Holy Spirit, enlighten us with Thy heavenly  
inspirations.

Holy Spirit, lead us in the way of salvation.

Holy Spirit, grant us the only necessary knowledge.

Holy Spirit, inspire in us the practice of good.

Holy Spirit, grant us the merits of all virtues.

Holy Spirit, make us persevere in justice.

Holy Spirit, be Thou our everlasting reward.

Lamb of God, Who takes away the sins of the world,  
send us Thy Holy Spirit.

Lamb of God, Who takes away the sins of the world,  
pour down into our souls the gifts of the Holy Spirit.

Lamb of God, Who takes away the sins of the world,  
grant us the Spirit of wisdom and piety.

V. Come, Holy Spirit! Fill the hearts of Thy faithful,

R. And enkindle in them the fire of Thy love.

Let us pray. Grant, O merciful Father, that Thy Divine  
Spirit may enlighten, inflame and

purify us, that He may penetrate us with His heavenly  
dew and make us fruitful in good

works, through Our Lord Jesus Christ, Thy Son, Who  
with Thee, in the unity of the same

Spirit, lives and reigns, one God, forever and ever.

R. Amen.



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## INSTRUCTIONS FOR PRACTICE TEAMS

The Parish gives us **WHAT** to focus on (find info @ [stmarymontrose.org/holyspirit](http://stmarymontrose.org/holyspirit)). Then, we decide the **WHO** to meet with, along with the **WHEN & the WHERE** to meet.

### Number of Members:

Since transformation happens when 3-5 people meet regularly, with appropriate vulnerability, to wrestle with meaningful material, it is recommended that practice teams have 4-6 members, in case someone can't be present at any given meeting.

### Possible Scheduling Options:

- Every Week for 30-60 minutes; (10-12 sessions total)
- Every Other Week for 60-90 minutes; (5-6 sessions total)
- Once a Month for 90-120 minutes; (2-3 sessions total)

### Possible Locations:

Home, coffee shop, restaurant, library, park, etc.

### \*Format:

1. From the guide for the current phase, pray the **Invocation** to begin the session.
2. Share what came to each of you when you reflected on the **Question** and the **Scripture** passage.
3. Discuss what went well and what didn't when you used the **Tool**, along with any adjustments we plan to make moving forward.
4. If applicable, consider mentioning other important experiences, such as something from the most recent Event (c.f. Road Map), or maybe what is catching your attention in the homilies.
5. Be open to expressing what other kinds of support you might need from each other at this point on the journey.
6. Pray the **Prayer**, for the **Intention**.

\*In between sessions, each member is responsible for their daily engagement with the resources for that particular phase. Also, please keep in mind that this is a joint effort, we should approach it with mutual respect, & nobody should be doing all the talking.

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## THE 4 GOALS FOR THE YEAR OF THE HOLY SPIRIT

### The Goals:

- #1 – CURIOSITY: Learn more about the Holy Spirit (Who He is, His Role in Salvation History, & what He offers us)
- #2 – OPENNESS: Seek a personal relationship with the Holy Spirit
- #3 – COOPERATION: Recognize & cooperate with the movements (promptings, inspirations) of the Holy Spirit
- #4 – ACCOMPANIMENT: Help others do the same

### For each Goal:

- Do I see my need for this & truly desire it from the heart?
- Have I asked the Holy Spirit to help me achieve it?
- Am I willing to take steps in confronting any obstacles?

### Fruit:

By going through this process of ongoing conversion & deeper spiritual growth, putting faith into action, we will be more clearly & confidently living as missionary disciples filled with joy & the Holy Spirit. Furthermore, our CHARISMS (particular spiritual gifts given to every member of the Church) will finally manifest, so we can know what they are & how to use them in leading others to follow the path to Heaven.

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