

“The Descent of the Holy Spirit in the Cenacle of the Apostles”...

FROM THE ACTS OF THE APOSTLES:

“All these devoted themselves with one accord to prayer, together with some women, and Mary the mother of Jesus... And suddenly there came from the sky a noise like a strong driving wind, ...and they were all filled with the Holy Spirit.” (Acts 1:14; 2:2-4)¹

MEDITATION ON THE MYSTERY:

Lord, give us also the grace to put ourselves in prayer at the feet of Mary, as the first Apostles did, learning from her – by meditating on the mysteries of the Holy Rosary – Who your son Jesus really is: for where Mary is, there is the Holy Spirit. (cf. SLC, p. 443)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to letting the Holy Spirit descend ever more fully upon us, Pope Benedict XVI says: “The Holy Spirit enters into our lives in the measure in which we open our hearts with our ‘yes:’ the fuller the ‘yes,’ the fuller is the gift of his presence.” (BENEDICT XVI, Address, 13 December 2007)

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen):

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Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria ...”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...