

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

FROM THE ACTS OF THE APOSTLES:

“Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim.” (Acts 2:3-4)¹

MEDITATION ON THE MYSTERY:

From Moses to the Apostles (gathered in the upper room with Mary), the Lord has often made the fire of His Spirit descend in a visible way. Now let us ask Him again, “send forth the fire of Your Spirit, Lord,” so that we, too, set on fire with Your love, may enkindle many others whose hearts are like smoldering wicks about to go out (cf. Matt 12:20)! (cf. SLC, p. 447)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to having the fire of the Spirit, Pope Francis says: “While we hear God’s voice on Sinai, during the feast of Pentecost in Jerusalem, it is Peter who speaks... His word, weak and even capable of denying the Lord, filled with the fire of the Holy Spirit, gains strength, it becomes capable of piercing hearts and moving to conversion.” (FRANCIS, General Audience, 19 June 2019)

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 ...