

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

## FROM THE ACTS OF THE APOSTLES:

*“And suddenly there came from the sky a noise like a strong driving wind... 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...”  
(Acts 2:2-4)<sup>1</sup>*

## MEDITATION ON THE MYSTERY:

Today, Lord, have we felt the presence of the Holy Spirit descend upon us with His seven gifts? Or, instead, have we felt a bad spirit rise within us? Lord, save us from such a spirit, and give us the abundance of your Holy Spirit so that we may respond ever more readily to the universal call to holiness! (cf. LG nn. 39-40ff) (cf. SLC, p. 441)

## FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the gifts of the Holy Spirit, the *Catechism of the Catholic Church* says: “The seven gifts of the Holy Spirit... make the faithful docile in readily obeying divine inspirations.” (CCC 1831)

<sup>1</sup> NABRE (USCCB)

### FREE AND PERSONAL MEDITATION

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

- .....
- .....

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 ...