

“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, and it filled the entire house in which they were...And they were all filled with the holy Spirit...” (Acts 2:2, 4)¹

MEDITATION ON THE MYSTERY:

Lord, through the intercession of our mother Mary, give us the surpassing grace to receive, in an ever greater measure, the great gift of the Holy Spirit: so that, being filled with Him, we will always remember that *this is not the true life, but only the test to enter into it.* (cf. SLC, p. 449)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to Holy Spirit, Pope Benedict XVI says: *“The Spirit of Pentecost brings with Him a strong impulse to take on the commitment to mission, in order to give witness to the Gospel along the streets of the world.”* (BENEDICT XVI, Audience, 15 November 2006)

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 ...