
At Home with Contemplation

PENTECOST NOVENA – 1. Friday

Lighting of Candle in Silence

Responses

At the beginning of a New Day:
To Still our Restless Bodies:
To Quieten our Minds:
That we might Listen for God's Voice

We breathe in God's Spirit
We breathe in God's Spirit
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We breathe in God's Spirit

Gospel of the Day

John 16:20-23: Your hearts will be full of joy that no-one will take from you

Jesus said to his disciples:

‘I tell you most solemnly,
you will be weeping and wailing
while the world will rejoice;
you will be sorrowful,
but your sorrow will turn to joy.
A woman in childbirth suffers,
because her time has come;
but when she has given birth to the child she forgets the suffering
in her joy that a child has been born into the world.
So it is with you: you are sad now,
but I shall see you again, and your hearts will be full of joy,
and that joy no one shall take from you.
When that day comes,
There will be no more need for any questions.’

Suggested Phrase of the Day

your sorrow will turn to joy

Contemplative Time

Sequence Verse

*Holy Spirit, Lord of Light,
From the clear celestial height
Thy pure beaming radiance give.*

Invocation of the Holy Spirit

Come Holy Spirit,
fill the hearts of your faithful
and kindle in us fire of your love.
Send forth your Spirit
and we shall be created.
And you will renew the face of the earth.

O, God, who has taught the hearts of the faithful
By the light of the Holy Spirit,
grant that by the same Spirit
we may be always truly wise
and ever rejoice your consolations,
Through Christ Our Lord. Amen.

A Blessing on the Day

Breath of God,
Light of Truth,
Source of Beauty,
Instil your peace in us.
And open our eyes
To the gift of this new day.
Prompt our every thought, word, and deed
With grace and love.
That we too may be a gift to others.
Now and always. Amen.