



COME, HOLY SPIRIT,  
and fill my heart with Your gifts.

Let me be true  
and my charity be generous.

Help me in all my needs,  
and grant my knowledge  
to do what is right.

Advise me in my doubts,  
strengthen me in my weakness,  
protect me when I am tempted  
and console me when I am afraid.



Graciously hear me, O Holy Spirit,  
and pour Your light  
into my heart, mind and soul.

Help me to live in a holy life  
and grow in goodness and grace

AMEN.

