

“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 wind, and it filled the entire house where they were. 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)

MEDITATION ON THE MYSTERY:

Lord, give us the grace to receive, in an ever greater measure, the Holy Spirit who (in a certain way) transforms us into true living “candles” with the flames upon our heads – willing to use up our very substance in order to shine light for our neighbors. (cf. SLC, p. 443)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to the Holy Spirit and fire, Pope Benedict XVI says: “the flame of the Holy Spirit blazes but does not burn. And nevertheless it enacts a transformation, and thus must also consume something in man, the waste that corrupts him and hinders his relations with God and neighbour.”

(BENEDICT XVI, Homily, 23 May 2010)

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 ...