

REFLECT & PRAY

CONFIRMATION PROGRAMME

8

With the Spirit's help

Letting the Holy Spirit work in me



OPENING PRAYER

Send us your Spirit O Lord

Send forth your Spirit, O Lord
And renew the face of the earth.

Send forth your Spirit, O Lord
And make me new.

Send forth your Spirit O Lord
And make that I may be able to use his
gifts, in the same way as Jesus himself
did, and Mary.... and the saints.

Send forth your Spirit O Lord
That I may bear good fruit in my life
The fruits of that the Spirit gives!



REFLECT

St Augustine's Prayer to the Holy Spirit

Breathe in me O Holy Spirit that my thoughts
may all be holy;

Act in me O Holy Spirit that my works, too,
may be holy;

Draw my heart O Holy Spirit that I love but
what is holy;

Strengthen me O Holy Spirit to defend that is
holy;

Guard me then O Holy Spirit that I always may
be holy.

CONCLUDING PRAYER

A Prayer to the Holy Spirit

Come, Holy Spirit, replace the tension within
us with a holy relaxation.

Replace the turbulence within us with a
sacred calm.

Replace the anxiety within us with a quiet
confidence.

Replace the fear within us with a strong faith.

Replace the bitterness within us with the
sweetness of grace.

Replace the darkness within us with a gentle
light.

Replace the coldness with us with a loving
warmth.

Replace the night within us with your light.

Straighten our crookedness.

Fill our emptiness.

Dull the edge of our pride.

Sharpen the edge of our
humility.

Light the fires of our love.

Let us see ourselves as
You see us.

