

# A NEW CENACLE: NOVENA TO THE HOLY SPIRIT

By Blessed Elena Guerra

## INTRODUCTION

The Italian Blessed Elena Guerra prepared this novena in 1890 and called it “The New Cenacle.” In 1894, she sent it to Pope Leo XIII. Her devotion to the Holy Spirit and her persistent correspondence with the Pope asking him to encourage all Christians to devotion to the Spirit of God prompted His Holiness to publish an apostolic letter titled *Provida Matris*, on devotion to the Holy Spirit, and an encyclical titled *Divinum illud Munus*, on the admirable presence and power of the Holy Spirit. In it, he exhorted the whole Church with these words:

“We decree, therefore, and command that in the entire Catholic world, this year and always in the future, the novena shall precede the feast of Pentecost in all parish churches and also in other churches and oratories, as judged appropriate by the Ordinaries.”  
(*cf. Divinum Illud Munus* no. 16)

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## DAILY OPENING PRAYERS

### **Sign of the Cross:**

By the sign of the holy Cross, deliver us, O Lord our God, from our enemies.  
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### **Initial Prayer (for every day):**

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit, Lord, and they shall be created, and you shall renew the face of the earth. O God, who taught the hearts of the faithful by the light of the Holy Spirit, grant that by the same Spirit we may be truly wise and ever rejoice in His consolations, through Christ our Lord. Amen.

### **Prayer Before Meditation (for every day):**

O Divine Spirit, who are called Creator by the Church, not only because you are related to us as creatures, but also because, moving holy thoughts and affections within us, you create in us the holiness that is your work. May your powerful grace come upon us, and may we honour you through this devout exercise. Visit our minds with your Divine Light, and our hearts with your Supreme Grace, so that our prayers may ascend pleasingly to you, and from Heaven may descend upon us the abundance of your divine mercies.  
Amen.

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## **DAY 1: The Actions of the Holy Spirit in Our Souls**

### **Meditation:**

The human soul, created by the Father's loving hand, is enriched with divine virtues through the vivifying action of the Holy Spirit, the Eternal Love. The Spirit acts within us with grace, light, inspirations, and spiritual comfort. Though His actions may seem simple, their effects are manifold. In the work of sanctification, He is "all in all."

### **Personal Meditation:**

O Holy Spirit, Eternal Love, I thank you for the many favors you have given me, and I ask your forgiveness for not valuing them as I should. Open my mind to recognize your gifts, and my heart to respond with constant gratitude.

### **Final Prayer:**

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

**Send forth your Spirit, O Lord, and you shall renew the face of the earth.**

**Our Father... Hail Mary... Glory be...**

**Hymn: "Come, Creator Spirit" (Veni Creator Spiritus)**

### **Conclusion:**

† May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

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## **DAY 2: The Holy Spirit Dwells Within Us**

### **Meditation:**

Jesus assures us: "It will not be you who speak, but the Spirit of your Father speaking through you" (Mt 10:20). St. Paul writes: "Do you not know that your body is a temple of the Holy Spirit within you?" (1 Cor 6:19). The Spirit is the Sweet Guest of the soul, clothing it with sanctifying grace. Without Him, the soul is dead.

### **Personal Meditation:**

O Holy Spirit, forgive my forgetfulness and ingratitude. I repent of the times I expelled you through sin. Return to dwell within me, and never let me drive you away again.

### **Final Prayer:**

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring

about the renewal prophesied by David:

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### **DAY 3: The Holy Spirit Our Comforter**

Meditation:

The Spirit is called the “Perfect Comforter,” “Father of the Poor,” “Rest in Labor,” “Sweet Relief,” and “Consolation in Tears.” Though He does not remove the bitter cup of suffering, He sweetens it with His grace. He gives us peace in trials and hope in tribulations.

Personal Meditation:

O Divine Comforter, forgive my coldness and infrequent prayers. From now on, in every sorrow and difficulty, I will seek no other comfort than you.

Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

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### **DAY 4: The Holy Spirit, Giver of Gifts**

Meditation:

The Holy Spirit gives gifts to those who desire and ask for them: fear of the Lord, piety, knowledge, fortitude, counsel, understanding, and wisdom. These are supernatural aids for our salvation. Our poverty comes from not desiring or asking for these treasures.

Personal Meditation:

O Divine Spirit, I confess my spiritual poverty is self-inflicted. I did not appreciate or ask for your gifts. Have mercy on me and help me correspond faithfully from now on.

Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

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## **DAY 5: The Holy Spirit and His Fruits**

Meditation:

The fruits of the Spirit are the effects of His action within us—acts of holiness and eternal life. Our fallen nature is like a wild tree that bears bitter fruit, but the Spirit grafts grace into us so we can bear sweet fruit. Yet many reject this pruning by clinging to worldly attachments.

Personal Meditation:

O Spirit of God, I see the barren branches in my soul. I resisted your pruning. Burn away my sin with your holy fire and make me fruitful in good works.

Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

**Send forth your Spirit, O Lord, and you shall renew the face of the earth.**

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## **DAY 6: The Holy Spirit Is Our Advocate**

### Meditation:

The weak need a defender. Jesus gave us the Spirit as our Advocate. St. Paul says the Spirit prays in us with inexpressible groanings, helping us when we do not know what to ask.

### Personal Meditation:

O Holy Advocate, you pray within me! Forgive me for forgetting you. Help me pray better, love you more, and proclaim your truth to others.

### Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

**Send forth your Spirit, O Lord, and you shall renew the face of the earth.**

**Our Father... Hail Mary... Glory be...**

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## **DAY 7: The Holy Spirit Is the Sanctifier of Souls**

### Meditation:

The Spirit breathes divine life into our souls and raises us to a supernatural state. He helps us live not merely according to nature but for God. He awakens the sinner, heals the heart, and strengthens us to live holy lives.

### Personal Meditation:

O Holy Spirit, you sanctify my soul and make me a new creation. Forgive my ingratitude. From now on, I unite with others to glorify you as best I can.

### Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

**Send forth your Spirit, O Lord, and you shall renew the face of the earth.**

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## **DAY 8: Our Duties to the Holy Spirit**

Meditation:

We owe the Holy Spirit adoration, submission, love, and gratitude. Forgetting Him is a great offense. To fulfill our duty, we must think of Him often, honor Him in prayer, and share His love with others.

Personal Meditation:

O Divine Spirit, forgive me for forgetting you. I now promise to honor you with acts of love and devotion. You are the Sweet Guest of my soul—I give you my whole heart.

Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

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## **DAY 9: The Benefits of the Holy Spirit**

Meditation:

The Spirit is called “Light of hearts,” “Fire of Love,” “Sweet Guest,” “Father of the Poor,” “Giver of Gifts,” and “Perfect Comforter.” He descended at Jesus’ baptism, the Transfiguration, and the Upper Room—always bringing divine blessings.

Personal Meditation:

O Holy Spirit, the greatest gift you give is yourself. At the end of this novena, I ask for you—nothing less. Come, as you did at Pentecost, and renew the world through us.

Final Prayer:

O promised and longed-for Comforter, come again and set your divine fire upon the earth. Bring your light to the ends of the earth. Call back to the bosom of the Roman Church all who are separated. Have mercy on the mediocrity of our hearts and bring about the renewal prophesied by David:

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**Hymn: “Come, Creator Spirit” (Veni Creator Spiritus)**

Come, Holy Ghost, Creator blest, Vouchsafe within our souls to rest;

Come with Thy grace and heav'nly aid. And fill the hearts which Thou hast made.

To Thee, the Comforter, we cry, To Thee, the Gift of God Most High,

The Fount of life, the Fire of love, The soul's Anointing from above.

The sev'n-fold gifts of grace are Thine, O Finger of the Hand Divine;

True Promise of the Father Thou, Who dost the tongue with speech endow.

Thy light to every thought impart. And shed Thy love in every heart;

The weakness of our mortal state. With deathless might invigorate.

Drive far away our wily Foe, And Thine abiding peace bestow;

If Thou be our protecting Guide, No evil can our steps betide.

Make Thou to us the Father known; Teach us the eternal Son to own

And Thee, whose name we ever bless, Of both the Spirit, to confess.

Praise we the Father and the Son. And Holy Spirit, with them One;

And may the Son on us bestow. The gifts that from the Spirit flow! Amen.