**First Friday Holy Hours**

Fridays from 7:00pm to 8:00pm

Sponsored by ***New Life*** at Nativity

**May 7, 2021**

**Theme:** Pentecost

**Prayer Intention:** That we might be filled with the Holy Spirit.

**Scripture: Jn 7:37-39**

On the last and greatest day of the feast, Jesus stood up and exclaimed, “Let anyone who thirsts come to me and drink. Whoever believes in me, as scripture says: ‘Rivers of living water’ will flow from within him.” He said this in reference to the Spirit that those who came to believe in him were to receive. There was, of course, no Spirit yet because Jesus had not yet been glorified.

**Outline:**

* **Inspect what we expect from the Holy Spirit**
* **Look for the Spirit to move in different ways**
  + Holy Spirit as a light rain shower - docility
  + Holy Spirit as a heavy, consistent rain shower – fruit and virtues
  + Holy Spirit as a torrent - supernatural
  + Holy Spirit as an overpowering deluge - intimacy
* **Cultivate a relationship with the Holy Spirit**
* **Ask for a gift from the Holy Spirit**

**Suggestions for Reflection:**

1. What was my Confirmation experience? How have I experienced the action of the Holy Spirit since?
2. What sort of relationship do I have with the Holy Spirit? When do I pray specifically to the Holy Spirit?
3. How do I experience the power or the refreshment of the Holy Spirit in my life?
4. What supernatural help (gift) would I like God to give me? Are there gifts from God I wouldn’t want? Why?
5. What mission has God given me? (Perhaps ask the Holy Spirit to make it clearer?) What gifts do I need to accomplish it?
6. In what ways do I express my love to the persons of the Trinity?

**Agenda:**

* Scripture – Deacon Don Tienter
* Reflection – Randall McClure
* Quiet time of prayer/adoration - Confession is not available tonight
* Benediction – Deacon Don Tienter
* Pentecost Sequence

**See other side**

**Prayer of Cardinal Mercier**

Fr. Jacques Philippe describes the submission to the Holy Spirit embodied in this prayer as “a secret of holiness” in his book In the School of the Holy Spirit.

**Holy Spirit, soul of my soul, I adore you.**

**Enlighten me, guide me, strengthen and comfort me.**

**Tell me what I ought to do and order me to do it.**

**I promise to submit to anything that you require from me,**

**and to accept everything that you allow to happen to me.**

**Just show me what your will is. Amen.**

**Pentecost Sequence**

[**https://www.catholicity.com/prayer/sequence-for-the-solemnity-of-pentecost.html**](https://www.catholicity.com/prayer/sequence-for-the-solemnity-of-pentecost.html)

**Prayer of St. John Henry Cardinal Newman – The Mission of my Life**

[**https://www.johnhenrynewmancatholiccollege.org.uk/john-henry-newman-prayers/#:~:text=I%20shall%20be%20an%20angel,my%20perplexity%20may%20serve%20Him**](https://www.johnhenrynewmancatholiccollege.org.uk/john-henry-newman-prayers/#:~:text=I%20shall%20be%20an%20angel,my%20perplexity%20may%20serve%20Him)

**This is our final scheduled First Friday Holy Hour.**

Adoration continues to be available in the main church: Tuesdays and Fridays 9:00am – 10:00pm and Saturday and Sunday evenings 6:00 – 10:00pm. Invite a family member or friend to share in the peace.

**Additional opportunities for Prayer and Study**

* **Pentecost Novena** – We will gather outdoors between the church and school at the statue of Our Lady at 7:00 pm each evening, rain or shine, for about 20 minutes of prayer. We will begin Friday, May 14 and end Saturday, May 22. We will socially distance. Please join us! Sponsored by New Life.
* **ROSARY** - Thursday, May 20, 6:30 pm in the upper Church and live-streamed at [www.nativitystpaul.org](http://www.nativitystpaul.org)
* Sponsored by the NCCW and the Nativity Men’s Club every 3rd Thursday of the month.
* **Archdiocesan Pentecost Vigil Mass –** Saturday, May 22, 6:00 pm, St. Bonaventure Catholic Church, Bloomington. Outdoors, bring a chair or blanket!
* **Cuppa Joe** – Monthly reflections on the **“10 Wonders of Saint Joseph”** First Tuesday of each month, **next one Tuesday, June 1, 4:00 pm**. Prior reflections are available for viewing. See <https://www.archspm.org/cuppajoe/>.
* **Saturday June 5 Marriage Day Celebration see**[**https://www.archspm.org/marriage-day/**](https://www.archspm.org/marriage-day/)**.**
* **The Chosen**
* This is a delightful, crowdfunded TV series that depicts Jesus through the eyes of those who first followed him. We highly recommended you share it with your friends or family. You can watch Season 1 (8 episodes) and the first three episodes of Season 2 free at website <https://watch.angelstudios.com/thechosen>. If you have a smartphone you can download The Chosen app from your app store and watch there or stream to your TV.

***New Life*** is a group of individuals and families who desire to live the Nativity mission intentionally as a community of missionary disciples.

We meet in small groups online or in-person twice monthly and once as a large group, for prayer and study, shared life, and outreach.

If you would like to find out more about ***New Life***, please contact Randall McClure at [randallmcc715@gmail.com](mailto:randallmcc715@gmail.com) or at 651-260-9045.