

Day 8

Self-Control

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Let us bow down in humility at the power and grandeur of the Holy Spirit. Let us worship the Holy Trinity and give glory today to the Paraclete, our Advocate.

Oh, Holy Spirit, by Your Power, Christ was raised from the dead to save us all. By your grace, miracles are performed in Jesus' name. By Your love, we are protected from evil. And, so, we ask with humility and a beggar's heart for Your gift of Charity within us.

Your Martyrs had the overwhelming self-control to go joyfully to a painful death without shrinking from the opportunity to join You in heaven. Give us this self-control to have command over our emotions and desires that we may serve You more fully.

Holy Spirit we ask for the grace of {Mention your intention here}. Amen.

Come Holy Spirit, fill the hearts of our faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And Youi shall renew the face of the earth.

Oh, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever rejoice in His consolations, through Christ Our Lord. Amen.