

Novena in Honor of God the Holy Spirit

Prayers and Daily Meditations from:

The Paraclete: A Manual of Instruction and Devotion

By Father Marianus Fiege, O.M.CAP.

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Third day of the novena

1. *“Oh, thou best comforter.”*

What a fearful havoc did not sin make of God's a beautiful creation! What a sad spectacle does not now this earth present! How deeply has not our own human nature been wounded and degraded! Yes, there is now nothing but misery and wretchedness, pain and sorrow, and finally death with all its dread surroundings. Assuredly, we could not bear up, left to ourselves. If there was no one to look up to for comfort, nearly everyone would, sooner or later, fall a prey to black despair. Yet be not faint-hearted.

The Holy Ghost is your Comforter, and of all comforters the best. True, He will not set you free from your present miseries as long as you live in this valley of tears. Now you must suffer. There is no other choice left. Then bear the ills of this life patiently, out of love for God, in atonement for sin, and in union with the sufferings of your Crucified Redeemer. In this, the Holy Ghost will most certainly assist you by the might of His all-powerful grace.

Yet, you must not fail to invoke His aid. When, therefore, the cross hangs heavily upon your weak shoulders, and weighs you down to the ground with its burden; when trials and afflictions overwhelm you; when grief and sadness tend your heart; when temptations, endeavor to allure you away from God: aye, and when sin actually holds you in enslaved and gives you to taste of its bitterness—oh! then call upon Him who is your true and only Comforter: Come, Holy Ghost, Oh, Thou best Comforter! Strengthen me in my weakness! Uphold me in my misery! Deliver me from sin! Comfort me in my distress! Thou art my Helper and my Protector!

2. *“Thou, the soul's sweet Guest.”*

The Holy Ghost is your Comforter. But how does He comfort you? Not at a distance, or from afar, but right within your soul. Not through the instrumentality of others, or even by His gifts, but by His own Divine Presence. Yes, He personally comes to take up His abode within you. Your soul becomes His tabernacle, your very body His living temple. Do you understand what this means?

When Solomon dedicated the Temple he had built, "the glory of the Lord filled the house of God " in the form of a cloud, and thus God dwell with His chosen people. At the sight of this, Solomon cried out: "Is it credible then that God should dwell with men on the Earth? If heaven, and the heavens of heavens, cannot contain Thee, how much less this house which I have built?"

If Solomon was amazed at the thought that God should condescend to dwell with His people, what should not be the sentiments of wonder and admiration, aye, and of love and thanksgiving, when you reflect that He "whom the heavens of heavens cannot contain" has actually condescended to abide in your soul! And for what purpose?

To dedicate you as His living temple, to enable, elevate and enrich your entire being with the plenitude of His gifts, to comfort you on earth and crown you with everlasting bliss in heaven.

Yet, bear in mind, the Holy Ghost wishes to come to you as a guest. But no guest comes unbidden. He will not, therefore, come to you unless you invite Him. Then say to Him with all humility: Come, O Holy Ghost! Be thou the sweet guest of my poor soul. Abide with me always. I thank Thee for having condescended to regard the lowliness of Thy servant. I adore Thee truly present within the tabernacle of my soul. May I never offend you again, but thank, praise and glorify Thee forever.

3. *“Sweet Refreshment, Thou”*

The Holy Ghost is your Comforter. He comforts you by His personal indwelling. He Himself is your soul's sweet Refreshment. Do you realize this?

When you are in sorrow and distress, where do you look for comfort? Do you not, at times, turn to creatures, and forget Him Who alone can give peace to your soul? And how is it that you sometimes murmur and complain? If you would only look up to the Divine Spirit and bear in mind that He gives you Himself to comfort your soul, all things would become sweet and easy to

you.

Then say again: Come, O Holy Ghost! Be Thou my soul's sweet Refreshment! Abide with me during my weary sojourn in this valley of tears. Stand by me especially when the shadows of death fall upon me. Forget me not when Divine Justice detains me for a time in the cleansing flames of Purgatory. Fan my soul, O Celestial Dove, with Thy wings so as to temper the ardor of the avenging fire, and inspire others to comfort me with their prayers. And when the fiery breath of Thy Love has consumed within my soul all earthly dross and stains of sin, then be Thou my soul's sweet Refreshment forever in the glory of The Heavenly Kingdom.