

Chaplet of the Holy Spirit

(On the first bead) Sign of the Cross

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

(On the second bead) Act of Contrition

O my God, I am heartily sorry for having offended Thee. I detest all my sins because I dread the loss of Heaven and all the pains of hell, but most of all because they offend You, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

(On the third bead) Come Holy Ghost

Come, Holy Spirit, fill my heart with Your holy gifts. Let my weakness be penetrated with Your strength this very day that I may fulfill all the duties of my state conscientiously, that I may do what is right and just.

Let my charity be such as to offend no one, and hurt no one's feelings; so generous as to pardon sincerely any wrong done to me. Assist me, O Holy Spirit, in all my trials of life, enlighten me in my ignorance, advise me in my doubts, strengthen me in my weakness, help me in all my needs, protect me in temptations and console me in afflictions.

Graciously hear me, O Holy Spirit, and pour Your light into my heart, my soul, and my mind. Assist me to live a holy life and to grow in goodness and grace. Amen.

During the praying of each set of seven beads, the faithful is asked to meditate on one of the five mysteries (below); therefore, commemorating the Five Holy Wounds of Jesus which are the fountains of grace which the Holy Ghost imparts to all men.

On the two Our Father beads, pray the Our Father on the first bead and the Hail Mary on the second bead

Our Father, Who art in Heaven, Hallowed be Thy name. Thy Kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread,

and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou among women and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

On each Hail Mary bead, pray a Glory Be

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be; World without end. Amen.

1st Mystery

By the Holy Ghost is Jesus conceived of the Blessed Virgin Mary.

The Meditation: *"...The Holy Spirit will come upon you, and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God."* (Luke 1:35)

The Practice: Diligently implore the aid of the Divine Spirit and Mary's intercession to imitate the virtues of Jesus Christ, Who is the Model of virtues, so that you may be made conformable to the image of the Son of God.

2nd Mystery

The Spirit of the Lord rested upon Jesus when he was baptized.

The Meditation: *"And when Jesus had been baptized he at once came up from the water, and suddenly the heavens opened and he saw the Spirit of God descending like a dove and coming down on Him."* (Matthew 3:16)

The Practice: Hold in the highest esteem the priceless gift of sanctifying grace, infused into your soul by the Holy Spirit in baptism. Keep the promises to which you then pledged yourself. Increase, by constant practice, Faith, Hope, and Charity. Ever live and become children of God and members of God's true Church, so as to obtain, hereafter, the inheritance of Heaven.

3rd Mystery

By the Spirit is Jesus led into the desert to be tempted by the devil.

The Meditation: *"Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit into the desert for forty days being put to the test by the devil."* (Luke 4:1-2)

The Practice: Be ever grateful for the seven-fold gift of the Holy Ghost bestowed upon you in confirmation, for the spirit of wisdom and understanding, of counsel and fortitude, of knowledge and piety, and of the fear of the Lord. Faithfully yield to His Divine guidance, so that, in all the trials and temptations of life, you may act manfully, and become a perfect Christian and valiant soldier of Jesus Christ.

4th Mystery

The Holy Spirit in the Church.

The Meditation: *"...suddenly there came from Heaven a sound as of a violent wind which filled the entire house in which they were sitting...They were all filled with the Holy Spirit and began to speak different languages as the Spirit gave them power to express themselves."* (Acts 2:2, 4)

The Practice: Thank God for having made you a child of His Church which is ever animated and directed by the Divine Spirit, sent into this world for that purpose of the day of Pentecost. Hear and obey the Holy See, the infallible mouthpiece of the Holy Ghost, and the Church, the pillar and ground of truth. Uphold her doctrines, seek her interests, defend her rights.

5th Mystery

The Holy Spirit in the soul of the just man and just woman.

The Meditation: *"Do you not realize that your body is the temple of the Holy Spirit, who is in you and whom you received from God?"* (1 Corinthians 6:19) *"Do not stifle the Spirit."* (1 Thessalonians 5:19) and *"do not grieve the Holy Spirit of God who has marked you with his seal, ready for the day when we shall be set free."* (Ephesians 4:30)

The Practice: Be ever mindful of the Holy Spirit Who is within you, and carefully cultivate purity of soul and body. Faithfully obey His Divine inspirations so that you may bring forth the fruits of the Spirit - Charity, Joy,

Peace, Patience, Dignity, Goodness, Long-suffering, Mildness, Faith, Modesty, Continency, Chastity.

Conclude by praying the Apostles' Creed (as a profession of faith)

The Apostles' Creed

I believe in God the Father Almighty, Creator of Heaven and Earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into Heaven and sits at the right hand of God the Father Almighty. From there He shall come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

Pray one Our Father, one Hail Mary and one Glory Be

(For the intentions of the Sovereign Pontiff)

Our Father, Who art in Heaven, Hallowed be Thy name. Thy Kingdom come, Thy will be done on Earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary, full of grace, the Lord is with Thee. Blessed art Thou among women and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now and ever shall be; World without end. Amen.