



Come, Spirit of Power

**A Pentecost Novena for Mission, Witness,
and Bold Love**

By Dr. Sean Tobin

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“Pentecost is not over. In fact, it is continually going on in every time and in every place, because the Holy Spirit desired to give Himself to all men and all who want Him can always receive Him. So, we do not have to envy the apostles and the first believers; we only have to dispose ourselves like them to receive Him well, and He will come to us as He did to them...”

— St. Elena Guerra

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“The Church's first and greatest need is to live Pentecost. The Spirit is the Church's mystery and life. It is he who animates and sanctifies the Church. The Spirit is her divine breath, the wind in her sails, the inner font of her light and strength. The Holy Spirit is her source of charism and song, her peace and joy. The Church needs her perennial Pentecost. She needs fire in her heart, words on her lips, and prophecy in her outlook. If we really love the Church the main thing we must do is to foster in her a new outpouring of the Divine Spirit.”

— Pope St. Paul VI

Day 1:

The Promise of Power

Scripture:

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“You will receive power when the Holy Spirit has come upon you, and you will be my witnesses...” (Acts 1:8)

Meditation:

Before Pentecost, the disciples weren't praying for comfort or even wisdom. They were waiting for power. This is what Jesus called "the Promise of the Father"—not merely the presence of God with them, but the Spirit of God in them, clothing them in power for witness. It wasn't a private blessing; it was a public commissioning. To pray for Pentecost is to pray to be set on fire—for the sake of the world.

Prayer:

Come, Holy Spirit of Promise. Ignite my life with Your power that I may proclaim Jesus boldly. Let me not be content with safety or sentiment, but awaken me to the fire of Your mission.

Invocation:

Come, Spirit of Power—make me Your witness.

(Optional) Daily Prayers

Day 2:

Driven by the Wind

Scripture:

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“And suddenly there came from heaven a sound like a mighty rushing wind...” (Acts 2:2)

Meditation:

The Holy Spirit didn't just comfort the disciples—He drove them out. Pope Francis once said the upper room had become a place of fear, turned inward. But when the Spirit came, He disrupted that self-protection and launched them into the streets. God's wind never leaves us stagnant. He blows us into uncomfortable places, not to harm us, but to reveal His strength in us.

Prayer:

Come, Wind of God, and drive out my fear. Stir my heart again with divine propulsion. Send me from the safety of silence into the streets of witness.

Invocation:

Come, Spirit of Boldness—send me where You will.

(Optional) Daily Prayers

Day 3:

**Fire Upon the
Head, Word
Upon the Tongue**

Scripture:

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“They saw what seemed to be tongues of fire that separated and came to rest on each of them.” (Acts 2:3)

Meditation:

The tongues of fire were not just signs—they were assignments. The fire of the Spirit rested not just generally, but personally. Each disciple became a burning bush, ignited yet not consumed. And their tongues were loosed—not to speak their opinions, but to proclaim the wonders of God. The fire of Pentecost turns silence into song and fear into praise.

Prayer:

Come, Flame of Heaven, and set my heart ablaze. Rest upon me as You did on the Apostles. Touch my mouth with Your fire, and let Your Word go forth.

Invocation:

Come, Spirit of Fire—burn away all that hinders love.

(Optional) Daily Prayers

Day 4:

Power, Love, and a Sound Mind

Scripture:

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“For God has not given us a spirit of fear, but of power, love, and a sound mind.” (2 Timothy 1:7)

Meditation:

The Spirit brings more than fire—He brings clarity. The enemy traffics in fear and confusion, but the Holy Spirit empowers us with courage, fills us with supernatural love, and stabilizes our minds in truth. These three together form the character of a Christian on mission: courageous, compassionate, and clear.

Prayer:

Holy Spirit, remove the fear that clouds my heart. Replace it with power for witness, love for souls, and clarity of mind. Make me wise, tender, and unshakable.

Invocation:

Come, Spirit of Strength—renew my mind with truth.

(Optional) Daily Prayers

Day 5: Temples and Arks

Scripture:

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“Do you not know that your body is a temple of the Holy Spirit within you?” (1 Corinthians 6:19)

Meditation:

At Pentecost, the Apostles became something new—temples of the living God. The Holy Spirit didn't just visit them; He indwelt them. Like the Ark of the Covenant, they became carriers of Presence. Where they went, God went. The Spirit within was for intimacy; the Spirit upon them was for impact. You are made to host heaven on earth.

Prayer:

Spirit of Holiness, dwell within me. Make me a resting place for Your presence. Overshadow me as You did Mary, that I may give flesh to the Word.

Invocation:

Come, Spirit of Glory—make me Your dwelling place.

(Optional) Daily Prayers

Day 6:

**To Heal,
Proclaim, and Set
Free**

Scripture:

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“The Spirit of the Lord is upon me, because He has anointed me to proclaim good news... to set the oppressed free.” (Luke 4:18)

Meditation:

The Spirit anointed Jesus for action: preaching, healing, liberating. The same Spirit rests upon you. These are not luxuries—they are the normal works of the Spirit-filled life. Healing and deliverance are not signs of spiritual elitism; they are acts of divine love. When we love as Jesus loves, we long to see the captives go free.

Prayer:

Anoint me, Holy Spirit, to preach Good News and bring freedom to the oppressed. Let me not hold back what You desire to give through me. Use me as Your vessel of healing.

Invocation:

Come, Spirit of Liberation—heal through my hands and words.

(Optional) Daily Prayers

Day 7:

Shadow Power and Overflow

Scripture:

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“They even carried out the sick into the streets... that at least Peter’s shadow might fall on them.” (Acts 5:15)

Meditation:

Peter's shadow healed—not because of Peter, but because of the overflow of Presence that overshadowed him. This is not superstition, it's saturation. When we live in continual communion with the Holy Spirit, even our unconscious presence carries heaven. You were made not just to shine, but to radiate.

Prayer:

Holy Spirit, rest on me so deeply that Your glory overflows from my life. Let Your presence spill out in places I don't even see.

Invocation:

Come, Spirit of Overflow—fill every part of me.

(Optional) Daily Prayers

Day 8:

Charisms for the Kingdom

Scripture:

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*“To each is given the manifestation of the Spirit for the common good.” (1
Corinthians 12:7)*

Meditation:

The gifts of the Spirit are not trophies—they are tools. They are not proof of holiness, but opportunities for love. To evangelize without the charisms is to work without fuel. We don't earn them—we receive and steward them. When we operate in the Spirit's gifts, we make Jesus known with signs of His compassion and power.

Prayer:

Come, Giver of Gifts. Awaken every charism You have assigned for my calling. Let me not bury them in fear. Use them to build up the Church and reach the lost.

Invocation:

Come, Spirit of the Living God—manifest through me.

(Optional) Daily Prayers

Day 9:

The Spirit's Fourfold Power

Scripture:

“

...the immeasurable greatness of His power (dunamis) toward us who believe... according to the working (energeia) of His mighty strength (ischys) and mighty power (kratos).” (Ephesians 1:19–20)

Meditation:

The Spirit doesn't just bring one kind of strength—He brings layers of power: explosive (dunamis), ruling (kratos), enduring (ischys), and effective (energeia). Together, they equip us to stand firm, break chains, advance the Kingdom, and walk in supernatural endurance. Pentecost power is multifaceted, strong, and sovereign.

Prayer:

Holy Spirit, clothe me in every dimension of Your strength. Let me carry Your explosive power, Your royal authority, Your enduring might, and Your effectiveness. Make me battle-ready and mission-filled.

Invocation:

Come, Spirit of Power—conquer all through love.

(Optional) Daily Prayers

Pentecost Sunday:

Let Heaven Invade

Scripture:

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“And He breathed on them and said, ‘Receive the Holy Spirit.’” (John 20:22)

Meditation:

The Spirit is still breathing. Pentecost is not a past event—it is a living reality. The wind still blows. The fire still falls. The tongues still speak. The shadow still heals. Jesus is still alive. And the Church is still called to burn. Let heaven invade. Let the world be turned upside down—again.

Prayer:

Come, Holy Spirit. Fall again. Fill me, possess me, overflow from me. Let Pentecost come to my heart, my home, my generation. Let the world know Jesus.

Invocation:

Come, Spirit of the Living God—fall afresh on us.

(Optional) Daily Prayers

(Optional)

DAILY PRAYERS

Pentecost Novena Prayer

by Dr. Sean Tobin

Heavenly Father, I praise You and give thanks for the glorious grace You have lavished upon us in Your Beloved Son, Jesus. Thank You for rooting me in His saving work, grafting me into the true Vine, and inviting me into the life of Your Kingdom. I bless You for the promise of the Holy Spirit—the Spirit of Adoption—foretold by the prophets and poured out without measure. How great is Your delight to send the Sanctifier of souls to dwell within us!

Lord Jesus, I thank You for drawing all people to Yourself, for cleansing us in the waters of baptism—by the Word and by the Spirit. You are the One who baptizes in the Holy Spirit and fire. As You surrendered Your Spirit to the Father in death, the Father breathed Him back into You in resurrection glory. Now catch me up into that eternal exchange of love. Pour that same Spirit into my heart, that I may live as an heir of Your promise and a partaker of the divine nature. By Your Cross, Death, and Resurrection, I am made new and set free.

Holy Spirit, my Comforter, Spirit of Truth and Revelation—come. Take what is of the Father and the Son and sow it deep within me. Manifest the life and love of God in every domain of my being. Lead me and draw me. Convict and purify. Cleanse, console, and raise me up. Make Your home in my heart and flood my soul with Your marvelous light. Write Your law upon my heart. Cause me to walk in Your ways and overflow with the living waters You have placed within me.

Fill my lamp with Your oil, and let the flame of Your presence rest upon my head. Descend upon me, Heavenly Dove, and anoint me with the sweetness of Your goodness. O New Wine of Heaven, inebriate my soul and turn every affection toward the simplicity of love. You are my First Love—let Your fruit be my desire, and may I bear it in abundance.

O Gift of God, Giver of Life, fill me with Your gifts and clothe me in righteousness.

Sustain me with holy fervor. Imbue me with wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. Let holy reverence be my joy. May I never grieve or resist You, but yield ever more fully to Your breath, O Wind of God.

Spirit of Pentecost, clothe me with power from on high, that I may be Your witness. Fill me with boldness and stretch forth Your hand through me with signs and wonders. Rend the heavens and come down. Let Your love be made visible through Your charisms—especially the gift of prophecy. Make me a living word, a walking revelation of Your glory.

Release through me words of knowledge and wisdom. Overflow in utterances of life, in intercession from the depths of my heart. Grant me tongues of angels and of men, and the grace of interpretation, that all may taste and see Your beauty. Let healing flow, and faith arise. Let miracles accompany the message, and let Your Kingdom set the standard for my life.

Let heaven invade. Let the garden of Your delight renew the face of the earth. May I settle for nothing less than Your perfect will and walk in the full measure and stature of Christ—in His works and greater still—for the glory of God the Father.

Blessed Virgin Mary, Spouse of the Holy Spirit, intercede for me. Guide my heart and mind as you did the disciples in the Upper Room. You, more than any, understand the power of His overshadowing, and the work He must do in us to bring Christ to birth in the world. Prepare me to receive Him in greater measure, beyond all I could ask or imagine. May I receive with your faith, your lowliness, and your total surrender. Amen.

Glory 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.

Prayer to the Holy Spirit

Come, Holy Spirit,
fill the hearts of your faithful
and kindle in them the fire of your love.

Send forth your Spirit
and they shall be created
and you shall renew the face of the earth.

Let us pray.

O 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 consolation.

Through Christ our Lord.

Amen.

Come, Holy Spirit, Creator Blest

(Veni, Creator Spiritus)

Come, Holy Spirit, Creator blest,
and in our souls take up Thy rest;
come with Thy grace and heavenly aid
to fill the hearts which Thou hast made.

O comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
and sweet anointing from above.
Thou in Thy sevenfold gifts are known;
Thou, finger of God's hand we own;
Thou, promise of the Father,
Thou Who dost the tongue with power imbue.

Kindle our sense from above,
and make our hearts o'erflow with love;
with patience firm and virtue high
the weakness of our flesh supply.
Far from us drive the foe we dread,
and grant us Thy peace instead;
so shall we not, with Thee for guide
turn from the path of life aside.
Oh, may Thy grace on us bestow
the Father and the Son to know;
and Thee, through endless times confessed,
of both the eternal Spirit blest.

Now to the Father and the Son,
Who rose from death, be glory given,
with Thou, O Holy Comforter, henceforth
by all in earth and heaven. Amen.

The Seven Mysteries: Invoking the Seven Gifts of the Holy Spirit

by St. Elena Guerra

Come, O **Spirit of Wisdom**, detach us from earthly things and infuse in us a love and taste of heavenly things.

Come, O **Spirit of Understanding**, enlighten our minds with the light of Your eternal truth and the riches of holy thoughts.

Come, O **Spirit of Counsel**, make us docile to Your inspirations and guide us in the way of salvation.

Come, O **Spirit of Fortitude**, and give us strength, constancy and victory in the battle against our spiritual enemies.

Come, O **Spirit of Knowledge**, be the Master of our souls and help us to put into practice Your teachings.

Come, O **Spirit of Piety**, come to live in our hearts to possess and sanctify all of our affections.

Come, O **Spirit of the Fear of the Lord**, reign over our wills and make us always disposed to suffer every evil rather than to sin.

O most pure Virgin Mary, by your Immaculate Conception you were constituted by the Holy Spirit a chosen tabernacle of Divinity. Pray for us.

May the Divine Paraclete come soon to renew the face of the earth.

Hail Mary...

O most pure Virgin Mary, by the Mystery of the Incarnation you were constituted by the Holy Spirit true Mother of God. Pray for us.

May the Divine Paraclete come soon to renew the face of the earth.

Hail Mary...

O most pure Virgin Mary, persevering in prayer with the Apostles in the Upper Room, you were abundantly inflamed by the Holy Spirit. Pray for us.

May the Divine Paraclete come soon to renew the face of the earth.

Hail Mary...

Let us pray: Send Your Spirit, Lord, and transform us interiorly with Your gifts. Create in us a new heart that we may please You and be conformed to Your will. We ask this through Jesus Christ Our Lord. Amen.

Poem by Metropolitan Ignatios IV

Without the Holy Spirit,
God is far away,
Christ stays in the past
the Gospel is a dead letter,
the church is simply an organization,
authority a matter of domination,
mission a matter of propaganda,
the liturgy no more than an evocation,
Christian living a slave morality.

But in the Holy Spirit:
the cosmos is resurrected and groans
with the birth-pangs of the kingdom,
the risen Christ is there,
the Gospel is the power of life,
the church shows forth the life of the Trinity,
authority is a liberating service,
mission is a Pentecost,
the liturgy is both memorial and anticipation,
human action is deified.

Overshadow Me (Ruach) - Lyrics

A Song by Sean Tobin

Verse 1:

I have grieved you, I've made you cry
Tears like a river, flowing out of Jesus' side
Your Name is Holy, You're the breath of peace
The power that created the heavens, coming as mercy

Chorus:

**Overshadow me, Oh Lord
Cause my life to speak your word
Come like fire from above and rest on me
Take from me this heart of stone, let it beat for you alone
Reach out your hand with signs and wonders**

Verse 2:

I have grieved you, but you forgive
You roll the stone away and make me live
Spirit of Adoption, Promise of the Father
You're raising up a generation of Your sons and daughters

Bridge 1:

Ruach... (Gen 1:2)

*In your fire and flood of water and blood, baptize me
In your fire and flood of mercy and love, set me free*

Bridge 2:

**In the power of your grace, invade and fill this place
Holy Spirit, come and have your way
We are burning for more of you, breakout across the room
Holy Spirit, come and have your way**

Lord and Giver of Life - Lyrics

A Song by Sean Tobin

Verse:

As the wind rushes in,
And the fire falls again

I will stand up high
With my arms out wide in praise

Chorus:

Lord and Giver of Life, be adored and glorified

Lord and Giver of Life, we give You praise

Lord and Giver of Life, we rejoice when You're magnified

Lord and Giver of Life, we give You praise

Bridge:

You open the heavens

You're manifesting the Kingdom

Come down again, Heavenly Dove

Come down again, Heavenly Dove

Outro:

You are here, take Your place

Be enthroned, King of Grace

FOR MORE

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