

# Daily Prayer

Pentecost Sunday Year B

*The Year of Mark; Year of Prayer 2024*



**Readings:** Acts 2: 1–11; Psalm 103: 1, 24, 29–31, 34; 1 Corinthians 12: 3–7, 12–13; John 20: 19–23.

## Year of Prayer 2024

Pope Francis proposed that 2024 be marked as a year dedicated to prayer in preparation for the Jubilee 2025. The Melbourne Archdiocese Catholic Schools (MACS) Daily Prayer resources will support both individual and community prayer in the Year of Prayer 2024. In addition, the Dicastery for Evangelization will publish a series of [prayer notebooks](#), with material taken from the many forms of prayer to be found in the rich Catholic tradition.

## Preparations for Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a **sacred space** for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a candle and flowers. Additional resources (apps, websites, music, videos) will be suggested for those wanting to enrich the prayers or to understand the readings at a deeper level.

The optional shorter prayer of the day is indicated by **green headings** on each day.

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Red	<i>And they were all filled with the Holy Spirit.</i>	<a href="#">Listen</a> Praying with the First Reading <a href="#">Respond</a> Sequence
Tuesday – Red	<i>Lord, send out your Spirit, and renew the face of the earth.</i>	<a href="#">Listen</a> Praying with the Responsorial Psalm Responding in Song <a href="#">Go Forth</a>
Wednesday – Red	<i>There are different kinds of gifts, but the same Spirit gives them.</i>	<a href="#">Gather</a> Praying with the Second Reading <a href="#">Respond</a> Reflection Time Glory Be
Thursday – Red	<i>He breathed on them and said to them, 'Receive the Holy Spirit'.</i>	<a href="#">Listen</a> Praying with the Gospel Litany to the Holy Spirit <a href="#">Go Forth</a>



Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Friday – Red	<i>Blessed are you among women and blessed is the fruit of your womb.</i>	<a href="#">Listen</a> Praying with the Gospel <a href="#">Respond</a> Litany to Mary Sign of Peace

Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.

### Suggested Teacher Background for the Readings

- Liturgy Help: [Commentaries](#)
- Liturgy Help: [Homilies and Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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**Readings:** Acts 2: 1–11; Psalm 103: 1, 24, 29–31, 34; 1 Corinthians 12: 3–7, 12–13; John 20: 19–23.

## Today's Daily Prayer – And they were all filled with the Holy Spirit

Today's prayer will focus on the First Reading. **Preparation:** Choose readers and someone to light the candle.

## Monday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father** (*pause*), **and of the Son** (*pause*), **and of the Holy Spirit** (*pause*). **Amen.**

*Light candle and pause.*

**Leader:** Come, Holy Spirit, and fill the hearts of your faithful,

**All:** **And kindle in them the fire of your love.**

**Leader:** Send forth your Spirit and they shall be created,

**All:** **And you shall renew the face of the earth. Amen.**

**Leader:** Mary, Mother of the Church,

**All:** **Pray for us.**

### Background to the First Reading

*The word Pentecost means 'fifty' and refers to the ancient feast of the Grain Harvest, which occurred 50 days after Passover. It was also a pilgrimage feast, which explained why there were so many people in Jerusalem at this time from other parts of the world. There is much imagery in the wind and the fire. Many ancient people believed that the winds were God's breath and, by breathing, God gave everything life. When the wind appeared at Pentecost, God was breathing his life into the apostles. Fire also speaks of the presence of God, as seen often in the Old Testament. The fire was in the form of tongues, implying that the apostles were being given the power and the gift to speak in the name of God and proclaim Jesus' message.*



## Listen

**Leader:** Let us prepare to listen attentively to the sacred words of Scripture.

**Reader:** A reading from the Acts of the Apostles.

When Pentecost day came round, the apostles had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

**All:** **Thanks be to God.**

## Respond

### Sequence

**Leader:** Let us pray together part of the Sequence from the Mass of Pentecost Sunday.

Let us pray slowly and mindfully, calling for the Spirit to be with us and within us.

**All:** **Come, Holy Spirit, come!**  
**And from your heavenly home**  
**Shed a ray of light divine!**  
**Come, Father of the poor!**  
**Come, source of all our store!**  
**Come, within our hearts shine.**  
**You, of comforters the best;**  
**You, the soul's most welcome guest;**  
**Sweet refreshment here below;**  
**In our labour, rest most sweet;**  
**Grateful coolness in the heat;**  
**Comfort in the midst of woe.**  
**On the faithful, who adore**  
**And confess you, evermore**  
**In your sevenfold gifts descend;**  
**Give them virtue's sure reward;**  
**Give them your salvation, Lord;**  
**Give them joys that never end.**  
**Amen.**

*Time of reflective silence ...*



## Go Forth

**Leader:** May the Spirit give us hearts filled with compassion.

**All:** **Amen.**

**Leader:** Filled with the Spirit, may we speak words of justice and peace.

**All:** **Amen.**

**Leader:** May the Spirit lead us to be of service to others.

**All:** **Amen.**

**Leader:** Let us go forth from here praising God in all that we do and say.

**All:** **Inspired to live faithfully in the light of Christ.**

*Extinguish candle and pause.*

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



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**Readings:** Acts 2: 1–11; Psalm 103: 1, 24, 29–31, 34; 1 Corinthians 12: 3–7, 12–13; John 20: 19–23.

## Today's Daily Prayer – Lord, send out your Spirit, and renew the face of the earth

Today's prayer will focus on the Responsorial Psalm. **Preparation:** Choose readers and someone to light the candle.

## Tuesday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father** (*pause*), **and of the Son** (*pause*), **and of the Holy Spirit** (*pause*). **Amen.**

*Light candle and pause.*

**Leader:** As we light this candle, we pray that the Holy Spirit will  
enflame our hearts with love of God,  
inspire our minds to think of God,  
direct our hands to work for God.

**All:** **Amen.**

### Listen

**Leader:** Let us pray together the Responsorial Psalm.

**Reader:** Lord, send out your Spirit, and renew the face of the earth.

**All:** **Lord, send out your Spirit, and renew the face of the earth.**

**Reader:** Bless the Lord, O my soul!  
O Lord, my God, you are great indeed!  
How manifold are your works, O Lord!  
The earth is full of your creatures.

**All:** **Lord, send out your Spirit, and renew the face of the earth.**

**Reader:** May the glory of the Lord endure forever;  
may the Lord be glad in his works!  
Pleasing to him be my theme;  
I will be glad in the Lord.



**All:** Lord, send out your Spirit, and renew the face of the earth.

**Reader:** If you take away their breath, they perish  
and return to their dust.  
When you send forth your spirit, they are created,  
and you renew the face of the earth.

**All:** Lord, send out your Spirit, and renew the face of the earth.

*(Pause)*

## Respond

**Leader:** Let us respond in song:  
‘Spirit of the living God’ by Audrey Assad.

*Time for quiet reflection ...*

## Go Forth

**Leader:** Holy Spirit of God, who moves through the world with great power and influence, transform our hearts and minds so that we may act with compassion and justice. Be our helper and guide, and bring us closer to the loving heart of God. We make this prayer through Jesus, our Lord.

**All:** Amen.

**Leader:** Let us go forth from here praising God in all that we do and say.

**All:** Inspired to live faithfully in the light of Christ.

*Extinguish candle and pause.*

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



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**Readings:** Acts 2: 1–11; Psalm 103: 1, 24, 29–31, 34; 1 Corinthians 12: 3–7, 12–13; John 20: 19–23.

## Today's Daily Prayer – There are different kinds of gifts, but the same Spirit gives them

Today's prayer will focus on the Second Reading. **Preparation:** Choose readers and someone to light the candle.

## Wednesday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father** (*pause*), **and of the Son** (*pause*), **and of the Holy Spirit** (*pause*). **Amen.**

*Light candle and pause.*

**Leader:** As we light this candle ...

**All:** **May we be inspired by the power of the Spirit.**

**Leader:** As we light this candle ...

**All:** **May we be inspired by the gentleness of the Spirit.**

**Leader:** As we light this candle ...

**All:** **May we be inspired by the love of the Spirit.**

### Background to the Second Reading

*This reading is from Saint Paul's first letter to the community at Corinth. A Greek city, Corinth was situated on a narrow piece of land that separated upper and lower Greece. It was well placed as a centre of trade and commerce because of its position, and was a very diverse city in terms of population, culture and beliefs. Although people from many countries lived there, the overriding culture was Greek. Paul found it difficult to translate Jewish thinking and culture into concepts that the Greeks would understand and accept. They particularly struggled with the notion of resurrection.*





## Listen

*If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.*

**Leader:** Let us listen attentively to sacred Scripture.

**Reader:** Brothers and sisters:

No one can say, 'Jesus is Lord', except by the Holy Spirit.

There are different kinds of spiritual gifts but the same Spirit;

there are different forms of service but the same Lord;

there are different workings but the same God

who produces all of them in everyone.

To each individual the manifestation of the Spirit is given for some benefit.

As a body is one though it has many parts,

and all the parts of the body, though many, are one body,

so also Christ.

For in one Spirit we were all baptised into one body,

whether Jews or Greeks, slaves or free persons,

and we were all given to drink of one Spirit.

*(Pause)*

The Word of the Lord.

**All: Thanks be to God.**

## Respond

**Leader:** Saint Paul speaks of the gifts of the Holy Spirit that have been given to each person. Not everyone has the same gifts – they are many and varied, but he points out that each person has gifts. The gifts are not to be used to promote oneself, but in service of others. Let us take some time to reflect on his message.

How is the Spirit alive in me in my life?

What gifts do I have that I could share with this community?

How do I show that I value the gifts of others?

*Time for quiet reflection ...*

## Go Forth

**Leader:** Let us conclude our prayer with the Glory be.

**All: 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.**

**Leader:** Let us go forth from here praising God in all that we do and say.

**All: Inspired to live faithfully in the light of Christ.**

*Extinguish candle and pause.*

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



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## Today's Daily Prayer – Jesus breathed on them and said, 'Receive the Holy Spirit'

Today's prayer will focus on the Gospel. **Preparation:** Choose readers and someone to light the candle.

## Thursday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** As we light this candle, we pray:

Lord Jesus, your Spirit helps us to grow in peace and love.

**All:** Amen.

**Leader:** Lord Jesus, your Spirit gives us wisdom and understanding.

**All:** Amen.

**Leader:** Lord Jesus, your Spirit inspires us to be hope-filled and faithful people.

**All:** Amen.

*Light candle and pause.*

### Background to the Gospel

*Ancient people believed that breath was the result of an inner power, one's life force, which came from God. The word for 'Spirit' in both Greek and Hebrew was the same for breath or wind. When Jesus breathed on his apostles, he gave them God's power, life and spirit. With the receiving of the Spirit, they had the authority to speak and act in the name of Jesus. In this Gospel, Jesus commissions his apostles and breathes on them, filling them with the Holy Spirit. His mission, their mission and our mission are one and the same.*

### Listen

**Leader:** Let us prepare to listen attentively to the sacred words of Scripture.

**Reader:** On the evening of that first day of the week,  
when the doors were locked, where the disciples were,  
for fear of the Jews,  
Jesus came and stood in their midst  
and said to them, 'Peace be with you.'  
When he had said this, he showed them his hands and his side.  
The disciples rejoiced when they saw the Lord.



Jesus said to them again, 'Peace be with you.  
As the Father has sent me, so I send you.'  
And when he had said this, he breathed on them and said to them,  
'Receive the Holy Spirit.  
Whose sins you forgive are forgiven them,  
and whose sins you retain are retained.'  
(Pause)  
The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

## Respond

### Litany to the Holy Spirit

**Leader:** Let us pray a Litany to the Holy Spirit.  
Spirit of Love

**All: Pray for us. (Pause)**

**Leader:** Spirit of Courage

**All: Pray for us. (Pause)**

**Leader:** Spirit of Life

**All: Pray for us. (Pause)**

**Leader:** Spirit of Strength

**All: Pray for us. (Pause)**

**Leader:** Spirit of Truth

**All: Pray for us. (Pause)**

**Leader:** Spirit of Justice

**All: Pray for us. (Pause)**

**Leader:** Spirit of Healing

**All: Pray for us. (Pause)**

**Leader:** Spirit of Comfort

**All: Pray for us. (Pause)**

**Leader:** Spirit of Unity

**All: Pray for us. (Pause)**

## Go Forth

### Blessing

**Leader:** May the strength and courage of the Spirit transform us this day.

**All: Amen.**

**Leader:** May the wisdom and understanding of the Spirit fill our mind and heart.

**All: Amen.**

**Leader:** May the peace and joy of the Spirit empower us to live faithfully.

**All: Amen.**



**Leader:** Let us go forth from here praising God in all that we do and say.

**All:** **Inspired to live faithfully in the light of Christ.**

*Extinguish candle and pause.*

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



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**Readings:** Acts 2: 1–11; Psalm 103: 1, 24, 29–31, 34; 1 Corinthians 12: 3–7, 12–13; John 20: 19–23.

## Today's Daily Prayer – Blessed are you among women

Today's prayer will focus on the Gospel of the Solemnity of Our Lady, Help of Christians. **Preparation:** Choose readers and someone to light the candle.

## Friday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father** (*pause*), **and of the Son** (*pause*), **and of the Holy Spirit** (*pause*). **Amen.**

*Light candle and pause.*

**Leader:** Let us pray the Opening Prayer from the Mass of Our Lady, Help of Christians.

Almighty and ever-living God, who placed the love of Our Lady, Help of Christians, in the hearts of those who brought the Catholic faith to these shores, grant through her intercession, wisdom to our leaders and integrity to our citizens, so that, under her protection, Australia may know harmony, justice and peace. We ask this in Jesus' name.

**All:** **Amen.**

### Background to the feast of Mary, Help of Christians

*Mary, Help of Christians, is a title that was established in 1814 in thanksgiving for the release of Pius VII from captivity. The first provincial synod in Australia in 1844 placed the Church under the patronage of Mary, invoked by the title 'Help of Christians'. This feast is an opportunity to ask for Mary's help and protection for the Church and for the nation.*

### Listen

**Leader:** Let us prepare to listen attentively to the sacred words of Scripture.

**Reader:** In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord.'

*(Pause)*

The Gospel of the Lord.



**All:** Praise to you, Lord Jesus Christ.

## Respond

### Litany to Mary

**Leader:** Holy Mary, model of faithfulness,

**All:** Pray for us.

**Leader:** Holy Mother of God, mother of us all,

**All:** Pray for us.

**Leader:** Mother of Christ, strong and constant,

**All:** Pray for us.

**Leader:** Mother of the Church, interceding for us,

**All:** Pray for us.

**Leader:** Mother most pure, model of wisdom,

**All:** Pray for us.

**Leader:** Woman of sacrifice, loving and true,

**All:** Pray for us.

**Leader:** Woman of courage, brave and determined,

**All:** Pray for us.

**Leader:** Woman of love, trusting and hope-filled,

**All:** Pray for us.

**Leader:** Queen of angels, queen of peace,

**All:** Pray for us.

**Leader:** Help of Christians, protector of our land,

**All:** Pray for us.

Alternatively, '[Holy is his name](#)' by John Michael Talbot.

## Go Forth

**Leader:** Creator God, you made this great land of Australia and placed us under the patronage of Mary. Through her help and intercession, may we become people of justice, compassion and peace, so that we might be faithful each day to the teachings of Jesus. We ask this prayer through Jesus, your Son.

**All:** Amen.

## Sign of Peace

**Leader:** As we come to the end of another week, let us offer each other a sign of peace.

*(Sign of peace)*

Let us go forth from here praising God in all that we do and say.

**All:** Inspired to live faithfully in the light of Christ.

*Extinguish candle and pause.*

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

