Spirituality



(Unsplash/Timothy Eberly)

by Dan Schutte

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May 21, 2020

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Editor's note: *NCR is sharing with our readers a nine-day Novena for Pentecost resource created by board member and composer Dan Schutte. Schutte writes, "if there's ever a moment when we all could use the light and wisdom of the Holy Spirit, it's now. While we wait till we can be together again for Sunday worship, this is a*

way we can join our hearts in prayer." The entire Novena for Pentecost can be found here.

We pray for goodness

Four suggested steps:

1. Place yourself in the presence of God.
    - Close your eyes. Take some slow, deep breaths. Imagine that you are enveloped by the unconditional love of God.
2. Ask for the grace you desire today.
    - Pray that the Holy Spirit may open your eyes to the goodness and beauty which surrounds you at every turn so that you may show some small bit of that goodness which gives hope to others.
3. Spend time in prayer and with the song.
    - Pray as you feel drawn, either sitting in silence or listening to the song. There is no right or wrong way to do it. Distractions are normal for all of us. God smiles on our small efforts without judgement or shame.
4. Pray in gratitude.
    - In your own words, express a simple prayer of thanks to God.

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So the Lord is to me

True goodness reflects the character of God and allows us, especially at times like these, to be comforted and find hope. Even at times like these, maybe especially at times like these, we still see so much goodness. When we look for it, there is still goodness all around us despite this virus that seems to threaten all that we know and love.

This story appears in the **Novena for Pentecost with Dan Schutte** feature series. View the full series.