Spirituality



(Unsplash/Jakub Kriz)

by Dan Schutte

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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 gentleness

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 inspire you with a gentleness that is not meek, but rather that gentleness which can hold the suffering heart of another with tenderness and compassion.
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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I suspect that gentleness is often considered to be a form of weakness. But true gentleness is profoundly courageous. It's the kind that can hold the suffering heart of another with tenderness and compassion and stands contrary to many of society's values. In the gospels, we see Jesus over and over again treat people with an extraordinary gentleness.

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