Spirituality



(NCR screenshot)

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 self-control

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 teach you that kind of sober self-control that will allow you to understand that true holiness is a gift from God, that true temperance is a quality growing in us over time.
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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All for your glory

The discipline that we pray for today is one which understands that all goodness comes from God. Any holiness that we might achieve is the result of God's work in us. Without God we are powerless. But with God there is the plentiful grace that will allow us to become the best of who we were created to be.

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