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J.M.J.

**HUMBLE
SUPPLICATION
TO THE HOLY SPIRIT**

— *St. Alphonsus Liguori,*
Moral Doctor of the Church



Holy Spirit, divine Paraclete,
Father of the poor,
consoler of the afflicted,
light of hearts,
sanctifier of souls!
behold me prostrate
in Thy presence;
I adore Thee
with the most profound
submission,
and I repeat
a thousand times
with the seraphs
who are before
Thy throne:
Holy, Holy, Holy!
I firmly believe
that Thou art eternal,
consubstantial with
the Father and the Son.
I hope that by Thy goodness
Thou wilt sanctify
and save my soul.

I love Thee,
O God of love!
I love Thee
more than all the things
of this world;
I love Thee
with all my affections,
because Thou art
infinite goodness
that alone dost merit
all love;
and since, insensible
as I have been
to Thy holy inspirations,
I have been so ungrateful
as to offend Thee
by so many sins,
I ask Thee
a thousand pardons
for them,
and I supremely regret
having ever
displeased Thee,

O sovereign good!
I offer Thee my heart
cold as it is,
and I supplicate Thee
to let a ray of Thy light
and a spark of Thy fire
enter therein
to melt the hardened ice
of my iniquities.
Thou who hast filled
with immense graces
the soul of Mary,
and inflamed
with a holy zeal
the hearts of the apostles,
vouchsafe also to set on fire
my heart with Thy love.
Thou art a divine Spirit;
fortify me against
evil spirits:
Thou art a fire;
enkindle in me the fire
of Thy love:

Thou art a light;
enlighten me
so that I may know
eternal things:
Thou art a dove;
give me great
purity of heart:
Thou art a breath
that is full of sweetness;
dissipate the storms
that my passions
raise up against me:
Thou art a tongue;
teach me the manner
of praising Thee
without ceasing:
Thou art a cloud;
cover me with the shadow
of Thy protection:
and if, finally,
Thou art the author
of all heavenly gifts,
ah, I beseech Thee

to grant them to me:
vivify me
by Thy grace,
sanctify me
by Thy charity,
govern me
by Thy wisdom,
adopt me
by Thy bounty
as Thy child,
and save me
by Thy infinite mercy,
so that I may never cease
to bless Thee,
to praise Thee,
to love Thee,
at first during my life
on this earth,
and afterwards
for all eternity in heaven.

Amen.

Saint Alfonso Maria de' Liguori, 1696-1787, *Ascetical Works*, vol. 6: *The Holy Eucharist*, "Pious Exercise to obtain the Seven Gifts of the Holy Ghost," pp. 502-503, 1887, available at archive.org/details/alphonsusworks06alfouoft.