

LITANIES TO THE THE THREE **DIVINE PERSONS**

Extracts from the book of Fr. P. Ribes, s.j. “You Can Pray” published by the Gujarat Sahitya Prakash.

Introduction Notes:

- ✓ *The method of praying with litanies is easy and a very devotional one.*
- ✓ *No special preparation is required and it can be practiced any time of day or night.*
- ✓ *It easily leads the praying person to petition, impetration, thanksgiving, praise adoration.*
- ✓ *The most devotional Litanies are those addressed to The Father, To The Son, and to The Holy Spirit.*

LITANY TO THE “ABBA” - FATHER.

Preparation:

- Quiet down. Relaxations and/or breathing exercises may help.
- Place yourself in the presence of God.
- Remain silent for a while.
- Ask The Holy Spirit for help.

First Step. Keep calling God as your “Abba Father”

- Slowly and lovingly keep repeating to yourself the word, ‘Abba, Father’.
- Do not be in a hurry. Take your time.
- You may use your bids or do it along the rhythm of your breathing
- Whenever you feel devotion, stay on for a while, in silent adoration, with the word “Abba” Father. Be aware of your feelings.
- Later on,. After each time you say “Abba Father”, add a response that appeals to you: e.g. “I love, you”, “I thank you”, “I praise”, “I adore you”, “Have mercy on me”, “Strengthen me”, “Forgive me”, “Give me courage”, “Bless me”, “Help my people”, “Give me health”, “Help me in my studies”, etc.
- Finally, spontaneously, speak; communicate freely with your Abba Father heart to heart.

Second Step: Keep qualifying the name of your ‘Abba, Father’

- For some time, slowly and lovingly, keep repeating the word ‘Abba Father’
- After a while, look for words: **adjectives and nouns** that qualify the word Father: for instance, “Loving”, “Merciful” “Accepting”. “Forgiving”, “Creator”, “Provider”, “Guardian”, “Almighty”, “Gentle”, “Kind”, “Caring”, “Compassionate”, “Consoling”, “Forbearing”, “Generous”, “Lovable”, “Patient”, “Merciful”, “Gracious”, “Supporting”, “Understanding”, etc..

- Next, slowly and rhythmically keep repeating the name ‘Father’ along with the qualifying words, one after the other. F.i. **Loving Father, “Gracious Father” etc.** You may help yourself by using your bids or by doing it along with your breathing...
- Finally, after each invocation you may add a spontaneous response that expresses your feelings, e.g. **“Merciful Father, I love you! “, “Gracious Father, I thank you”, “Father, Creator, I adore you”, etc.**
- After that remain in silent and loving adoration. as long as ou feel devotion.

Third Step: Compose a Litany of what your ‘Abba’ has done for you.

- Start by repeating, for a while, the word ‘ Abba Father’
- Next, each time you say ‘Abba Father’, add a sentence expressing **what The Father has done for you,**
- After each sentence add a response that appeals to you: e.g. **“I love, you”, “I thank you”, “I praise you”, “I adore you” “Strengthen me”, “Forgive me”, “Give me courage”,” Bless me”, “Help your people”, “Bless your Church” etc**

For instance:

- **Father, you created me. (Response)**
 - **Father, you loved me into being. (Response)**
 - **Father, you have forgiven me all my sins. (Response)**
 - **Father, you speak to me through the Scriptures (Response)**
 - **Father, you called me to be your son/ daughter., (Response)**
 - **Father, you invited me to be with you for ever. (Response)**
 - **Father, you sent your only Son Jesus to be me Savior (Response)**
 - **Father, you have given me Mary to be my Mother. (Response)**
 - **Father, you sent the Holy Spirit to be my strength. (Response)**
 - **Etc.**
- Finally, remain in silent communion with your Abba

Closure:

- End the exercise by saying “The Our Father”
- Recite or sing a Hymn to “God, The Farther”.

Suggested Hymns

Father, we adore you	Abba Father.
Our Father	I will never forget you, my people
Yes, God is good	God is Our Father.
Heavenly Father	We are Heirs of the Father
Thank you father	Sing Praises to the Living God
We Praise you, Father	Glory to the Father
Glorious God	From my Heart breaks forth
Thy loving kindness	O give thanks to the lord

LITANY TO JESUS THE SON OF GOD

Traditional Litany to the Name of Jesus.

Procedure:

- Quiet down. Breathing or relaxation exercises may help.
- Place yourself in the presence of God. For a while, keep in reverent silence.
- Say a prayer or sing a hymn to the Holy Spirit.
- Take, one by one, the invocations of the Litany of the Name of Jesus.
- For a while, reflect and meditate on each of them. Do not be in a hurry.
- Then, say a response that appeals to you.

Introduction to the Litany:

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Jesus, hear us

God, the Father of Heaven,

God, the Son Redeemer of the world,

God, the Holy Spirit.

Holy Trinity, One God.

Jesus, Son of the living God,

Lord, have mercy on us

Christ, have mercy on us

Lord, have mercy on us.

Jesus, hear us.

Hear us.

Hear us.

Hear us.

Hear us.

Hear us.

Litany Proper:

After each invocation pause, reflect and add a spontaneous response, anyone that appeals to you, for instance: **Have Mercy! - I love you! - I praise you! - I worship you! - Give me peace! - Remember me! - I thank you!** Jesus, Etc.

Jesus, splendor of the Father

Jesus, brightness of eternal light

Jesus, King of Glory,

Jesus, Son of Justice

Jesus, Son of the Virgin Mary,

Jesus, most amiable.

Jesus, most patient.

Jesus, most obedient,

Jesus, meek and humble of heart,

Jesus, lover of us,

Jesus, God of Peace,

Jesus, author of Life,

Jesus, example of virtue

Jesus, our God,

Jesus, our refuge,

Jesus, Father of the poor,

(Your spontaneous responses)

Jesus, treasure of the faithful,
 Jesus, The Good Shepherd,
 Jesus, true light,
 Jesus, eternal wisdom,
 Jesus, infinite goodness,
 Jesus, our way and our life,
 Jesus, joy of Angels,
 Jesus, King of Patriarchs,
 Jesus, Master of Apostles,
 Jesus, Teacher of Evangelists,
 Jesus, Strength of Martyrs,
 Jesus, light of Confessors,
 Jesus, purity of Virgins,
 Jesus, crown of all Saints,
 Be merciful unto us,
 Be merciful unto us,
 From all evils:
 From the snares of the devil
 From the spirit of uncleanness:
 From everlasting death:
 From the neglect of your inspirations:
 Through your Mystery of Incarnation:
 Through your Nativity:
 Through your Infancy:
 Through your most Divine Life:
 Through your Labors:
 Through your Agony and Passion:
 Through your Cross and Dereliction:
 Through your Faintness and Weariness
 Through your Death and Burial:
 Through your Resurrection:
 Through your Ascension:
 Through your Joys:
 Through your Glory:
 Lamb of God who takes away the sins of the world: **Spare us, O Jesus!**
 Lamb of God who takes away the sins of the world: **Have mercy on us, O Jesus:**
 Lamb of God who takes away the sins of the world **Jesus, graciously hear us**

Jesus: spare us, O Jesus.
Jesus: graciously hear us, Jesus.
Jesus, deliver us.
(Same response till the end)

Let us pray: O lord, Jesus Christ, you have said: Ask and you shall receive, seek and you shall find, knock and it shall be opened unto you, give us the grace to love you with all our heart, in all our words and deeds and never cease to praise your Holy Name, by our words, but especially by the quality of our Christian life. Amen.

Closure:

Recite or sing the “Soul of my Savior” or any other appropriate hymn.

LITANY TO JESUS THE SON OF GOD.

You “Own” Litany.

Procedure

- Quiet down. Breathing or relaxation exercises may help. Remain silent for a while.
- Place yourself in the presence of God.
- Recite or sing a hymn to the Holy Spirit.

First Step. For a while, keep repeating the name of Jesus.

- With feeling and devotion, slowly, keep calling the name of “Jesus”
- Do not be in a hurry. You may use your bids or do it along with your breathing
- Next, after each invocation add a short response that appeals to you: e.g .
“Jesus, I love, you”, “Jesus, I thank you”, “I praise you”, “I adore you”,
“Have mercy on me”, “Strengthen me”, “Forgive me”, “Give me courage”,
“Bless me”, “Be with me”, etc.
- As long as you feel devotion, stay on in silent adoration. Be aware of your feelings.
- Finally, speak; communicate with Jesus heart to heart.

Second Step: Qualifying the name of “Jesus”

- For a while, keep uttering the word “Jesus”
- Next, look for words, **adjectives and nouns** that qualify the word Jesus For instance, Jesus my ‘savior’; Jesus my “friend”; Jesus “merciful”; Jesus my “brother”, Jesus “forgiving”, Jesus “teacher, Jesus my “hope”, “compassionate”, ‘consoling”, “forbearing” ,“generous” ,”gentle,“ “patient”, ‘lovable’, ‘kind’, “merciful”, “understanding “, “supporting”, etc..”
- For some time, keep repeating the name of “Jesus” along with the qualifying words, one by one. You may take the help of your bids or of your breathing...
- After a while, be aware of the feelings arising within you and stay with them.
- Finally, as long as you feel devotion, remain in silent and in loving adoration.

Third Step: Compose your own Litany to Jesus.

- Keep repeating the word Jesus.
- After each time, add a sentence expressing what Jesus means to you or what He has done for you.

For instance:

- **Jesus, you are my hope and my joy.**
- **Jesus, you are my strength.**
- **Jesus, you are my salvation.**
- **Jesus, you became a man for me. . .**
- **Jesus you have forgiven me all my sins.**
- **Jesus you died for me on the cross.**
- **Jesus, you only have words of eternal life.**

➤ **Etc.**

- After each sentence add a response that appeals to you, e.g. “I love, you”, “I thank you”, “I praise you”, “I adore you” “Strengthen me”, “Forgive me”, “Give me courage”, Bless your Church”, “Save our world”, “Bless my family”, Etc
- At last, remain, in silent communion with Jesus.

Closure: End the exercise by reciting or singing a Hymn to Jesus.

What a Friend we Have in Jesus	“Praise the Name of Jesus
“I Need Thee Every Hour”.	“His Name is Wonderful”.
“I’ll Praise His Name”.	“The Name above All Names
“In the Name of Jesus”	“To be Like Jesus”
“Jesus is the Joy of Living”	”At the Name of Jesus”.
“His Name is higher”.	”Praising His Name

LITANY TO THE HOLY SPIRIT.:

The Litany to the Holy Spirit and the Responses found below, have been culled from the words of the “Sequence” of the Mass of Pentecost Sunday” and from the Hymns “Come Holy Ghost, “O Holy Ghost Come to Us” and “Come Holy Spirit I need Thee”

Procedure:

- Quiet down. Breathing or relaxation exercises may help.
- Keep silence for a while. Place yourself in the presence of God.
- Say a prayer and/ or sing a hymn to the Holy Spirit.
- Take, one by one, **the invocations** of the litany below. (*Part One*)
- Ponder, meditate and pray on each invocation as long as you feel devotion.
- Then, after each invocation **take one of the responses** of the Litany below. (*Part Two*) such as – “Come Holy Spirit come!” – “I need you, Spirit of God!” – “Strengthen me!” – “Heal my wounds!” Etc. -
- Ponder over it, and recite it with attention and devotion

Litany to the Holy Spirit – Part One.

Invocations

Holy Spirit, proceeding from the Father and the Son.
 Holy Spirit, Creator blest.
 Holy Spirit, Lord of Light.
 Holy Spirit, Father of the Poor.
 Holy Spirit, Life of all that live.
 Holy Spirit, Guest of our souls
 Holy Spirit Consoler, best.

Holy Spirit, our soul's delightful Guest.
 Holy Spirit, Restore of peace,
 Holy Spirit, Comfort of the Afflicted,
 Holy Spirit, Solace of the mind,
 Holy Spirit, our best Healer
 Holy Spirit, our Strength and Fortitude.
 Holy Spirit, Warmth of our hearts,
 Holy Spirit, our sure Guide.
 Holy Spirit, our Joy
 Holy Spirit, Fountain of wisdom,
 Holy Spirit, Gift of God most High,
 Holy Spirit, Fountain of life and love.
 Holy Spirit, Source of might and power
 Holy Spirit, best Treasure from above.
 Holy Spirit, Font of Truth and Light.
 Holy Spirit, Strength in our weakness,
 Holy Spirit, healing power,
 Holy Spirit, Rest for the weary,
 Holy Spirit, Balm to our sores
 Holy Spirit, Cooling dew in our dryness,
 Holy Spirit Sight for the blind,

Litany to the Holy Spirit - Part Two

Responses

Come, Holy Spirit come!
 I need you, Spirit of God!
 Strengthen me!
 Heal my wounds!
 Come with treasures that endure,
 Visit these hearts of thine.
 Our inmost being fill!
 Heal our wounds.
 Wash our stains of guilt away,
 Bend the stubbornness of our hearts and wills.
 Melt our frozen selves within.
 Guide our steps when we go astray.
 Give us comfort, when we die.
 Give us eternal life with thee on high.
 Give us the joys that never end.
 In our souls take up thy rest.
 Fill the hearts that you have made
 Make to us the Father know

Inflame our hearts and rule our minds
Direct our weary steps to thee
Turn our wills from wrong.
Show us the Father and the Son.
Touch us and make us whole.

Closure:

- Recite three times, “The Glory Be”
- Recite or sing an appropriate Hymn to the Holy Spirit, like,
Holy Spirit, Come to us!
Come, Holy Ghost
Come Holy Spirit, I need thee.
Spirit of God in the Clear Running Water.
Spirit of the Living God.