



During the Second Vatican Council, participants would pray the *Adsumus Sancte Spiritus* (We stand before You, Holy Spirit) before every session. The prayer has been used at councils, synods, and other Church gatherings for hundreds of years. It is attributed to Saint Isidore of Seville (c. 560- 636).

The prayer has been adapted for this specific Synodal Process. Over the next few weeks, we will unpack the prayer to help us know and understand what we're praying for. Warning: we're asking the Holy Spirit to do big things in our lives and in the life of the Church.

We stand before You, Holy Spirit,  
as we gather together in Your name.  
With You alone to guide us,  
make Yourself at home in our hearts;

The first stanza of this prayer is pretty straightforward: we are acknowledging that we stand before the Holy Spirit both as individuals and as a community. However, we are not standing here passively waiting for the Holy Spirit to do something. No, we stand here opening our hearts and minds to the Holy Spirit, ready to play a role in dynamic cooperation with one another, the whole universal Church, and the Holy Spirit. We stand with our walking shoes on, ready to journey together. We may not know where the Synodal Process will lead us, but we have prepared a place for our guide to dwell with us as we move forward.

Teach us the way we must go  
and how we are to pursue it.  
We are weak and sinful;  
do not let us promote disorder.  
Do not let ignorance lead us down the wrong path  
nor partiality influence our actions.

This stanza might be the hardest one to digest. We don't typically like to call attention to our deficits and sin. But it's true that we are weak and we are sinful. We're acknowledging that we have biases and agendas. We're asking the Holy Spirit to help form our hearts, our minds, and our actions. We're asking the Spirit to help us recognize our biases and agendas, and as we participate in the Synodal Process to be able to discern between what we want and what the Spirit wants. The original Latin says, "do not let us disturb the order of justice." We must remain focused on what is right and just, and not stand in the way of the Holy Spirit.

For a synodal Church  
communion | participation | mission



Let us find in You our unity  
so that we may journey together to eternal life  
and not stray from the way of truth  
and what is right.

Many of our saints have prayed that their wills be united to the will of God, and that is our prayer here: that together we are joined together with the Spirit as we journey toward eternal life. Our destination is heaven, where we will be in perfect communion with God and each other. Our communion this side of heaven may not be perfect, but we can work on it. The Synodal Process will be hard because it demands that we listen to one another. We must hear the stories of our brothers and sisters who are different from us. We are moving forward together in communion, and as long as we let the Spirit who is Wisdom and Love lead us, we will remain on the right and true path.

All this we ask of You,  
who are at work in every place and time,  
in the communion of the Father and the Son,  
forever and ever.  
Amen.

Whether we pray together or individually, we're asking for something amazing! We're asking the Holy Spirit to move in and among us. This is the same Spirit that was there at the beginning of time; the same Spirit that descended at Pentecost; the same Spirit that inspired saints, sinners, nonbelievers, believers, movements, councils, synods, and in ways we cannot comprehend. The same Spirit is in communion with the Father and Son in the Trinity. The Spirit has always been on the move and is moving with us during this Synod. The question is—will we work with her?



**Come Holy Spirit! Open our hearts and minds!**