

## **APPENDIX 9**

### **Novenas**

The evangelist St. Luke recounts that after the Ascension of the Risen Lord, the Apostles, together with Mary, the disciples, and the women from Galilee spent nine days in prayer. They looked forward to a new presence of Jesus through the Spirit. These nine days of prayer and expectation led to the custom of praying for special intentions during a period of nine days. Such a period of prayer is called a novena. Novenas are usually prayed by people for a particular grace, intention, or need.

#### **Novena to the Holy Spirit**

Holy Spirit, Divine Spirit of light and love, I consecrate to You my understanding, my heart, my will, my whole being for time and for eternity. May my understanding always be submissive to Your heavenly inspirations and to the teachings of the Holy Catholic Church, of which You are the infallible Guide. May my heart ever be inflamed with love of God and of my neighbor; may my will always conform to the Divine Will, and may my whole life be a faithful imitation of the life and virtues of our Lord and Savior, Jesus Christ, to whom be honor and glory forever. Grant also, O Holy Spirit, Giver of all good gifts, the special favor for which I ask \_\_\_\_\_, if it be for Your honor and glory and for my well-being. Glory be to the Father...

#### **Novena to the Sacred Heart of Jesus**

O Lord Jesus Christ, to Your Most Sacred Heart I confide this intention \_\_\_\_\_. Please look upon me, then do what Your love inspires. Let Your Sacred Heart decide. I trust You. I place myself at Your mercy. Lord Jesus, You will not fail me. Sacred Heart of Jesus, I trust in You. Sacred Heart of Jesus, I believe in Your love for me. Sacred Heart of Jesus, Your kingdom come. Sacred Heart of Jesus, I have asked You for many favors, but I earnestly implore this one. Take it and place it in Your Heart. When the Eternal Father looks upon it, He will see it within Your Precious Wounds. It will no longer be my prayer, but Yours, Jesus.

*Sacred Heart of Jesus, I place all my trust in You. Amen.*

#### **Christmas Novena (Said beginning on the Feast of St. Andrew, November 30 until Christmas Day) 15X daily**

Hail and blessed be the hour and moment in which the Son of God became Man, born of the most pure Virgin Mary at midnight, in Bethlehem, in piercing cold. In that hour, vouchsafe, O my God,

to hear my prayer and grant my desires through the merits of our Savior, Jesus Christ, and of His Blessed Mother. Amen.

#### **Novena to the Christ Child**

Lord Jesus Christ, as a child You called shepherds and wise men to Your crib by the light of a wonderful star. With a child's embrace You freely gave Your heart and hand to all. I come to You poor as the shepherds, seeking wisdom as the wise men. By Your mighty power and gracious love grant my request \_\_\_\_\_. Teach me to become like a little child and so to enter Your kingdom. Give me a childlike trust in my heavenly Father Who provides for me at every turn. Take from my heart the memory of wrongs that have been done to me. Renew my spirit with the joy of Your youth. Bless the world You hold tenderly in Your hand. Amen.

#### **Novena to Mary Immaculate**

O Mary Immaculate, lily of purity, I salute you because from the very first instant of your conception you were filled with grace. I thank and adore the Most Holy Trinity for having imparted such sublime favors upon you. O Mary, full of grace, help me to share, even though just a little, in the fullness of grace so wonderfully bestowed upon you in your Immaculate Conception. With firm confidence in your never ending intercession, I beseech you to obtain for me the intention of this novena \_\_\_\_\_, and also that purity of mind, heart, and body necessary to unite me with God. Amen.

*O Mary, conceived without sin, pray for me who has recourse to you. O Mother of God, by your Immaculate Conception, intercede for me with your Divine Son, and obtain for me from Him, the favor for which I pray. Amen.*

#### **Novena to St. Joseph**

Glorious St. Joseph, foster-father and protector of Jesus Christ, to you I raise my heart and my hands to implore your powerful intercession. Please obtain for me from the kind Heart of Jesus the help and the graces necessary for my spiritual and temporal welfare. I ask particularly for the grace of a happy death and the special favor I now implore \_\_\_\_\_. Guardian of the Word Incarnate, I feel animated with confidence that your prayers in my behalf will be graciously heard before the throne of God. O glorious St. Joseph, through the love you bear to Jesus Christ, and for the glory of His name, hear my prayers and obtain my petitions. Amen.

#### **Novena to St. Anne**

St. Anne, you are the mother of Mary, the Queen of heaven and earth. During your lifetime you gave her a powerful example of love and concern. I honor your memory and beg your assistance during this time of need. Be concerned for me and act as my intercessor. I ask for health of body and soul, a joyful acceptance

of God's will for me and in particular \_\_\_\_\_. Give me and those for whom I pray the strength to carry our crosses in the spirit of Jesus and so to live in His love. Amen. *Good St. Anne, mother of her who is our life, our sweetness, and our hope, pray to her for us and obtain our requests. 3X*

#### **Novena to St. Michael the Archangel**

St. Michael, guardian and defender of the Church, come to our assistance. Guard with special care our Holy Father, our bishops, priests, religious and lay persons, especially the young. St. Michael, watch over us during life, defend us against the assaults of evil, and assist us especially at the hour of death. Help us achieve the happiness of beholding God face to face for all eternity. Intercede for me with God in all my necessities, especially \_\_\_\_\_. Obtain for me a favorable outcome in the matter I recommend to you. Mighty prince of the heavenly host, and victor over rebellious spirits, remember me for I am weak and sinful and so prone to pride and ambition. Be for me, I pray, my powerful aid in temptation and difficulty, and above all do not forsake me in my last struggle with the powers of evil. Amen.

#### **Novena to the Holy Angels**

Bless the Lord, all you His angels. You who are mighty in strength and do His will, intercede for me at the throne of God. By your unceasing watchfulness protect me in every danger of soul and body. Obtain for me the grace of final perseverance, so that after this life I may be admitted to your glorious company and with you may sing the praises of God for all eternity. All you holy angels and archangels, thrones and dominations, principalities and powers and virtues in heaven, cherubim and seraphim, and especially you, my dear guardian angel, intercede for me and obtain for me the special favor I now ask \_\_\_\_\_. Glory be to the Father...

#### **Novena to St. Anthony**

St. Anthony, during your lifetime you were always gracious to poor sinners who sought the comfort of your ministry. You had the happiness of holding in your arms our Blessed Lord under the guise of a little child, and at times the power of God enabled you to be an instrument of miraculous events. Be gracious to me and intercede with our Lord for the petition I now make with such ardent desire \_\_\_\_\_. As a pledge of my gratitude accept my promise to live more in harmony with the values of the Gospel and to be more devoted to the service of the poor whom you loved so deeply. Bless this resolution and help me to be faithful. Amen.

## Rosary Novena

O Mother of God, accept this Rosary as a sign of my love and devotion to you. I beg you to intercede for me with your Divine Son, and to grant the favor I so earnestly desire. *Here mention your request.* O Blessed Virgin, remember your faithful servant by hearing my prayers and obtaining my petitions. O Most Holy Queen of the Rosary, pray for me.

## Novena to One's Patron Saint

Glorious Saint \_\_\_\_\_, my patron, you served God in humility and confidence on earth. Now you enjoy the beatific vision in heaven. You persevered till death and gained the crown of eternal life. Remember now the dangers, confusion and anguish that surround me and intercede for me in my needs and troubles, especially \_\_\_\_\_. Hear my prayer and place it before Jesus through the intercession of His Blessed Mother. Amen.

## Novena to St. Maria Goretti

St. Maria Goretti, strengthened by God's grace, you did not hesitate, even as a young girl, to sacrifice life itself to defend your virginal purity. Look graciously on those who have strayed far from the path of eternal salvation. Teach us all, and especially our youth, the courage and promptness that will help us avoid anything that could offend Jesus. I especially place this intention \_\_\_\_\_ before you today, and with trust in God's love and mercy hope for its fulfillment. I ask that I may live a holy life on earth and win eternal glory in heaven. Amen.

*Our Father... Hail Mary... Glory be...*

## Novena to St. Pius X

Glorious pope of the Eucharist, St. Pius X, you sought "to restore all things in Christ." Obtain for me a true love of Jesus so that I may live only for Him. Help me to acquire a lively fervor and a sincere will to strive for sanctity of life and that I may avail myself of the riches of the Holy Eucharist, which is sacrifice and sacrament. By your love for Mary, mother and queen, inflame my heart with tender devotion to her.

Blessed model of the priesthood, obtain for us holy, dedicated priests, and increase vocations to the priesthood and religious life. Dispel confusion, hatred, and anxiety. Incline our hearts to peace so that all nations will place themselves under the reign of Christ. Amen.

St. Pius X, pray for me. (*Here mention your request*).

## Novena to the Holy Souls

O Holy Souls in Purgatory, you are the certain heirs of heaven. You are most dear to Jesus, Redeemer of all, and to Mary, Mother of Mercy. Obtain for me through your intercession the grace to lead a holy life, to die a happy death and to attain to the blessedness of eternity in heaven.

Dear suffering souls, who long to be delivered in order to praise and glorify God in Heaven, by your unfailing pity, help me in the needs which distress me at this time, particularly \_\_\_\_\_ so that I may obtain assistance from God.

In gratitude for your intercession, I offer to God in your behalf the satisfactory merits of my prayer and work, my joys and sufferings of this day (week, month, or whatever space of time you wish to designate).

## Act of Thanksgiving

Lord, Giver of all good gifts, I thank You for Your Infinite kindness to me. I praise You for Your generosity toward me in my every need.

Through the intercession of Your Mother and Your Saints, I am grateful for the blessings You continue to give me so that I may live my life in partnership with You.

I thank You for nourishing my soul with Your Sacred Body and Blood. I thank You for your forgiveness, your mercy and your providence that continues to guide my life.

I will show my gratitude to You by loving obedience to Your holy commandments, by being faithful to what You have called me to do in this life, by kindness to my neighbor and by an earnest endeavor to become more like You in my daily conduct.

May I not lose my enthusiasm in serving You. May my conversations be occasions of charity. May I be patient with myself and those around me, especially in times of disappointment. May I be mindful of others rather than myself, especially in moments of tiredness.

May I be generous and faithful so that when this day is over I may feel that life is really meaningful and peaceful for it has been spent in Your loving company. Amen.

