



A Novena for Mothers

A Nine-Day Novena with prayers adapted from *Mother Love, A Manual for Christian Mothers* by Pius Franciscus OFM, Cap. Published in 1888 by Fr. Pustet & Co.
Adapted in 2009 by Julie Streeter.

Day One: My Holy Vocation

O God, Creator and Ruler of heaven and earth, all creatures owe their existence to Your infinite goodness and fatherly love. You have appointed for each one of us the sphere in which, under Your direction, support and encouragement, we are to press onward to our final goal. I thank You Almighty God, for the vocation to which you have called me. I thank You for Your all-embracing, all-pervading, all-governing providence, which oversees all of the particular works of this vocation.

I submit to Your dispensation. I resign myself to Your guidance. I grasp Your leading hand, and beg for the grace never to follow the way of my own inclinations. Your good pleasure shall form my happiness; Your commands shall be my only line of conduct; Your will shall be my will; and Your service the object of all my aspirations.

Give me, O Lord, peace of heart; trust in Your infinite wisdom; courage to stay the course; an ever cheerful disposition proceeding from faith in Your inconceivable love; and fidelity in my duties, springing from remembrance of Your omnipresence and from my hope of eternal reward. Help me to see that this call upon my life requires the same dedication, commitment and the complete gift of self offered by my sisters who have entered religious life. For Your own honor, O God, help me to fulfill the duties of my vocation for You alone are good and holy, and desire not that any soul should be lost, but that, seeking You and finding You, all may be eternally blessed in You. Amen.

Receive also, Almighty God, these specific requests related to my vocation ... and transform me by the grace of your Holy Spirit.

Our Father, Hail Mary, Glory Be



Day Two: My Vocation as Wife

Most Holy Trinity, Father, Son and Holy Spirit, You have instituted marriage in this earthly paradise and have, in the New Law elevated it to the dignity of a Sacrament, attaching to it many graces. Grant to *n.* and me the grace to live lives of holiness and in so sacred a state and, by the practice of Christian virtues, to act always as is becoming a Christian couple. As your holy priest joined our hands at the altar, so may we journey through life with one heart and one soul, tasting its pleasures with moderation, enduring its sorrows with resignation and, at all times, mutually assisting and consoling each other.

May true and holy fear strengthen us to restrain the low desires of the flesh, and to serve You uprightly with pure hearts and eyes and lips, in mutual esteem and forbearance. Anoint me with your Holy Grace that I may attain the particular virtues and wisdom to fulfill my vocation as *n.*'s wife in imitation of your own most holy spouse, the Blessed Virgin Mary.

Grant that the children born of our union may be pure of heart and well disposed in mind, and that they may gladly walk in the way of Your Commandments. Teach us to be faithful images of the Holy Family of Nazareth, of Joseph, the blessed foster-father, and of Mary, the most devout and blessed Mother of the Child Jesus, that we may be made worthy to live under their protection, to die in their favor, and to be forever blessed in their society. Amen.

Receive also, Almighty God, these specific requests related to my marriage and my role as wife ... and transform me by the grace of your Holy Spirit.

Our Father, Hail Mary, Glory Be



Day Three: My Vocation as Mother

O Gracious God, I thank You, that You have given me children, made them heirs of heaven by holy Baptism, and entrusted their training to me. Permeate me with a deep devotion to this most dignified responsibility; assist me in the care of their health, but especially in the preservation of their innocence and purity of heart. Grant that I may teach them early to know and serve You, and to love You completely. Grant that I myself may carefully avoid all that I must forbid them, and may diligently practice all that I should teach them. The fulfillment of this charge is beyond the capabilities of your humble servant but inspired by your love for them I confidently call upon the grace you so generously make available to me through the sacramental blessing of my marriage, and I implore you to transform me into a holy and wise mother.

Inspire me to hold dearly to the example of your own beloved mother, the Blessed Virgin Mary. I commend these dear children, O God, to Your paternal care and to the guardianship of Your holy angels. Bless, O heavenly Father, my little efforts. May my children's advancement in years be to Your honor, and may they persevere to the end. Amen.

Receive also, Almighty God, these specific requests related to my children and my role as their Mother ... and transform me by the grace of your Holy Spirit.

Our Father, Hail Mary, Glory Be



Day Four: My Vocation as Educator

Most gracious God, You have charged me with the sobering task of educating these children with which You have blessed our family. In Baptism, You have made them Your own, and now You have entrusted them to me, that I may rear them in supernatural love toward You and educate and train them in all of the knowledge required to form them into the Godly adults that you created them to become. This task so far exceeds the abilities of Your humble servant but in confidence I turn to You, O God, trusting in your almighty power and the inexhaustible graces that you make available to me.

Help me to form these children to each one's greatest potential in both intellect and virtue. Give me a greater portion of each of the fruits and gifts of Your Holy Spirit that I may perfectly execute my duties as their first teacher. Grant that these children may ever look upon their divine sonship as the highest good that they possess on earth and may they at last die in full possession of it. Amen.

Receive also, Almighty God, these specific requests related to my role as educator ... and transform me by the grace of your Holy Spirit.

Our Father, Hail Mary, Glory Be



Day Five: My Vocation as Home Keeper

Almighty God and Father, grant me a clearer sense of my vocation as I work through the duties of my day. Your Holy Presence dwells with us in the home You have graciously provided. Elevate my thinking so that I may not see the work of the day as mere drudgery, but recognize and embrace each task as a grace offered for spiritual growth. Help me to be mindful that, in my efforts to create a home of order and beauty, each task is an opportunity to express my love for You; that I am serving Your Holy Presence dwelling within each member of my household. Rouse in me a renewed endurance and greater generosity. Grant me the diligence to embrace these invitations to quell the flesh, to silence resentments and to overcome selfishness.

You labored alongside your Holy mother in a home of peace and order. Indeed, Your entire magnificent creation speaks eloquently of the order of its Creator. Grant that I may cooperate with the graces offered through this most holy vocation and with Your Divine assistance may I labor joyfully to foster a home where You are always welcome and one that reflects the beauty of Your Holy order.

Receive also, Almighty God, these specific requests related to my work as the keeper of my home ... and transform me by the grace of your Holy Spirit.

Our Father, Hail Mary, Glory Be



Day Six: Invocation of a Mother's Friends

A litany to some of the special patrons of Christian mothers

Lord, have mercy! Christ, have mercy! Lord, have mercy!
Christ, hear me. Christ, graciously hear me.
God, the Father of Heaven, have mercy on me.
God, the Son, Redeemer of the world, have mercy on me.
God the Holy Spirit, have mercy on me.
Holy Trinity, one God, have mercy on me.

Holy Mary, ... pray for me and for my children.
Holy Mother of God, ... pray for me and for my children.
Mother of Sorrows, ... pray for me and for my children.
Holy Guardian Angels, ... pray for me and for my children.
Our loving Guides and Companions, ...
Our true friends, our protectors of body and soul, ... pray for me and for my children.
St. Joachim, affectionate father and wise ruler of your family, ... pray for me and for my children.
St. Joseph, virginal spouse of Mary and foster father of Jesus, ... pray for me and for my children.
St. John the Baptist, model of mortification from infancy, Precursor and preparer of the way for Jesus Christ, ... pray for me and for my children.
St. John the Evangelist, beloved disciple of our Lord, Protector and adopted son of the Blessed Virgin Mary, ... pray for me and for my children.

St. Augustine, enlightened Bishop and Doctor, filled with the love of God, ... pray for me and for my children.
St. Aloysius, angel in the flesh, and great penitent, ... pray for me and for my children.
St. Anne, pious and diligent wife, mother of Mary conceived without sin, ... pray for me and for my children.
St. Elizabeth, God-loving mother of St. John the Baptist, ... pray for me and for my children.
St. Rose of Lima, humble and dutiful daughter, America's powerful patroness, ... pray for me and for my children.
St. Monica, mother of St. Augustine and prayerful wife, who converted her pagan spouse, ... pray for me and for my children.
St. Elizabeth of Hungary, Christian wife and widow, mother of the poor, ... pray for me and for my children.
All you holy spouses, ... pray for me and for my children.
All you holy widowers and widows, ... pray for me and for my children.
All you holy parents, ... pray for me and for my children.
All you holy children, ... pray for me and for my children.

That they may preserve their baptismal innocence, pray for them.
That they may truly grieve over sin, pray for them.
That they may persevere in virtue, pray for them.
That they may die a happy death, pray for them.



That they may attain eternal happiness, pray for them.

Lamb of God, who takes away the sins of the world, Spare me, O Lord.
Lamb of God, who takes away the sins of the world, Graciously hear me, O Lord.
Lamb of God, who takes away the sins of the world, Have mercy on me O Lord.
Christ, hear me. Christ, graciously hear me.
Lord, have mercy on me. Lord, have mercy on me.

Let us Pray. O God, who has given me the holy parents and children of heaven as models and intercessors, grant, I beseech Thee, that I may follow their example, persevere in good by the help of their prayers, and enjoy their company eternally in heaven. Teach me, a parent, O Lord, to be a model for my children in word and example, that they may see in my actions what they are taught by my words.

Graciously look down, O Lord, on our family. Fill its members with Your choicest blessings, that, united in faith and love, we may become a faithful image of the Holy family of Nazareth. May Jesus be constantly amongst us, may His holy Mother be our teacher, and Joseph, the blessed foster-father our guide, our protector, and our never failing aid in all things. Grant my petitions, I beseech Thee Almighty Father, through Jesus Christ, our Lord, who with Thee and the Holy Spirit lives and reigns one God, forever and ever. Amen.

Our Father, Hail Mary. Glory Be



Day Seven: Invocation of Mary, Mother of Perpetual Help

Mother of Perpetual Help, you have been blessed and favored by God. You became not only the Mother of the Redeemer but the Mother of the redeemed as well. I bring this petition to you as your loving daughter and as one who has been called with you to the vocation of motherhood. Watch over me and intercede for me. As you held the child Jesus in your loving arms, so take me in your arms. Be a mother ready at every moment to help me in this calling, for God who is mighty has done great things for you, and His mercy is from age to age on those who love Him.

Help me to be mindful that in times of temptation, I can with assurance, cry out for your assistance, relying on your compassionate mother's heart to bring you quickly to my aid. Intercede for me, dear Mother, that I may fulfill my vocation, obtain pardon for my sins, increase in love for Jesus, continue in perseverance, and have the grace always to call upon you, Mother of Perpetual Help. With the greatest confidence I kneel before you. I implore your help in the work of my vocation. Trials and discouragements often depress me; drudgery and privations bring misery into my life; often in my daily work I meet the cross.

Comforter of the afflicted, beg your Son Jesus to strengthen me as I struggle to fulfill my vocation. Help me endure all with love and patience. May I follow the example of your Son, and through Him, with Him, and in Him commend myself to the care of my heavenly Father. Amen.

Our Father, Hail Mary, Glory Be



Day Eight: Invocation of St. Anne

Lord, have mercy. Christ, have mercy. Lord, have mercy.
Christ, hear me. Christ, graciously hear me.
God the Father of Heaven, have mercy on me.
God the Son, Redeemer of the world, have mercy on me.
God the Holy Spirit, have mercy on me.
Holy Trinity, One God, have mercy on me.

Holy Mary, daughter conceived without sin, ...pray for me and for my children.
Holy Mary, spotless child of St. Joachim and St. Anne, ... pray for me and for my children.
St. Joachim, father of the Blessed Virgin Mary, ... pray for me and for my children.
St. Joachim, promised descendant of Abraham and David, pray for me and for my children.
St. Joachim, Venerable Patriarch, ... pray for me and for my children.
St. Joachim, holy spouse of St. Anne, ... pray for me and for my children.
St. Joachim, and St. Anne, shining models of Christian spouses, ... pray for me and for my children.

St. Anne, royal lady, ... pray for me and for my children.
St. Anne, glory of the House of David, ... pray for me and for my children.
St. Anne, faithful and loving wife, ... pray for me and for my children.
St. Anne, venerable model of meekness and humility, ... pray for me and for my children.
St. Anne, brilliant example of holy obedience, ... pray for me and for my children.
St. Anne, sparkling mirror of patience and resignation, ... pray for me and for my children.
St. Anne, perfect type of devotion and piety, ... pray for me and for my children.
St. Anne, tender mother of all virgins, ... pray for me and for my children.
St. Anne, fruitful vine, ... pray for me and for my children.
St. Anne, kind mother of us all, ... pray for me and for my children.
St. Anne, refuge of the suffering, ... pray for me and for my children.
St. Anne, guiding star of widows, ... pray for me and for my children.
St. Anne, bulwark of the Church, ... pray for me and for my children.
St. Anne, consoling mother of all widows, ... pray for me and for my children.
St. Anne, harbor of safety in the storms of this life, ... pray for me and for my children.
St. Anne, mother lending aid to all Christian mothers, ... pray for me and for my children.
St. Anne, worthy mother of the Mother of God, ... pray for me and for my children.
St. Anne, giving wise instruction and careful training to your children, ... pray for me and for my children.

Through your virtues and merits, ... pray for me and for my children.
I implore you, St. Anne. Through your goodness and compassion, ... pray for me and for my children.
Through all your gifts and prerogatives, ... pray for me and for my children.
Through your high vocation, ... pray for me and for my children.
Through your miraculous maternity, ... pray for me and for my children.
Through Mary, your child full of grace, ... pray for me and for my children.



Through the joys prepared for you on earth by Jesus and Mary, ... pray for me and for my children.

Through the honor they now render you in heaven, ... pray for me and for my children.

Through your exceedingly great rapture and bliss, ... pray for me and for my children.

Lamb of God, who takes away the sins of the world, Spare me, O Lord.

Lamb of God, who takes away the sins of the world, Graciously hear me, O Lord.

Lamb of God, who takes away the sins of the world, Have mercy on me O Lord.

Christ, hear me. Christ, graciously hear me.

Lord, have mercy on me. Lord have mercy on me.

Let us Pray. St. Anne, my dear mother and most compassionate protector, receive graciously my poor efforts to do you honor. May I ever be devoted to you with a heart full of childlike humility and submission. May your example encourage me, your intercession strengthen me and your goodness console me. Permit me with all my heart to commend to you my children. As you consecrated Mary, your child of grace, entirely to God, I beg you to obtain for me the grace to train up my children for Him, and with them perseveringly to labor to reach heaven. As you lived in holy harmony and peace with St. Joachim, so may love, union, devotion, and zeal for virtue reign in my household, that we may belong to that host of blessed spouses who with you will love, praise, and glorify the Most High forever and ever. Amen.

Our Father, Hail Mary, Glory Be



Day Nine: For the Gifts and Fruits of the Holy Spirit

Act of Consecration to the Holy Spirit: On my knees before the great multitude of heavenly witnesses I offer myself, soul and body to You, Eternal Spirit of God. I adore the brightness of Your purity the unerring keenness of Your justice and the might of Your love. You are the Strength and Light of my soul. In You I live and move and am. You have ordained for me to follow this most holy vocation and you alone hold the power that will enable me to fulfill this calling. I desire never to grieve You by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against You.

Mercifully guard my every thought and grant that I may always watch for Your light, listen to Your voice and follow Your gracious inspirations. I cling to You and give myself to You and ask You by Your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus, looking at His Five Wounds, trusting in His Precious Blood and adoring His opened Side and stricken Heart I implore You Adorable Spirit, Helper of my infirmity, to keep me in Your grace that I may never sin against You. Give me grace O Holy Spirit, Spirit of the Father and the Son to say to You always and everywhere "Speak Lord for Your servant is listening." Amen.

Prayer for the Gifts and Fruits Of the Holy Spirit: Holy Spirit, eternal Love of the Father and the Son, reside completely in me. Saturate every corner of my soul with Your most Glorious Consolation and nurture in me each of the twelve fruits that proceed from the indwelling of your Holy Presence. I cannot fulfill my vocation without the complete transformation of my soul by the working of your Grace within me. Nurture my soul to be a fertile and abundant garden for all of the blessed fruitfulness of your Divine presence.

Grant me the fruit of **Charity**, that I may be united to you by divine love;

The fruit of **Joy**, that I may be filled with holy consolation;

The fruit of **Peace**, that I may enjoy tranquility of soul;

The fruit of **Patience**, that I may endure humbly everything that may be opposed to my own desires;

The fruit of **Kindness**, that I may willingly relieve my neighbor's necessities;

The fruit of **Goodness**, that I may be benevolent toward all;

The fruit of **Long suffering**, that I may not be discouraged by delay but may persevere in prayer;

The fruit of **Mildness**, that I may subdue every rising of ill temper, stifle every murmur, and repress the susceptibilities of my nature in all my dealings with my neighbor;

The fruit of **Fidelity**, that I may rely with assured confidence on the word of God;

The fruit of **Modesty**, that I may order my exterior regularly;

And the fruits of **Continence and Chastity**, that I may keep my body in such holiness as befits your temple, so that having by your assistance preserved my heart pure on earth, I may merit in Jesus Christ, according to the words of the Gospel, to see God eternally in the glory of his kingdom.

O Lord Jesus Christ Who, before ascending into heaven promised to send the Holy Spirit to finish Your work in the souls of Your Apostles and Disciples, grant Your same Holy Spirit to me that He may perfect in my soul the work of Your grace and Your love and inspire me to more perfectly embrace my vocation to motherhood.



Grant me the Spirit of **Wisdom**, that I may despise the perishable things of this world and aspire only after the things that are eternal;
The Spirit of **Understanding**, to enlighten my mind with the light of Your divine truth;
The Spirit of **Counsel**, that I may ever choose the surest way of pleasing God and gaining heaven;
The Spirit of **Fortitude**, that I may bear my cross with You and that I may overcome with courage all the obstacles that oppose my salvation;
The Spirit of **Knowledge**, that I may know God, know myself and grow perfect in the science of the Saints;
The Spirit of **Piety**, that I may find the service of God sweet and amiable;
And the Spirit of **Fear**, that I may be filled with a loving reverence towards God and may dread in any way to displease Him.

Mark me, dear Lord, with the sign of Your true disciples and animate me in this vocation with Your Holy Spirit. Amen.

Our Father, Hail Mary, Glory Be