

## **4. Devotions and Novenas.**

The late **Holy Father Pope John Paul 11**, had a very special devotion to our **Blessed Mother**. This devotion is one in which we give everything to Mary so that she will supply what our offerings lack, then she presents our gift to Jesus. There is no faster or surer way for our soul to reach the blessedness of the Beatitudes than to consecrate our day and our lives to Jesus through Mary. Beatitude means blessing and Mary was called Blessed by Our Heavenly Father. The Latin phrase, Totus Tuus, which means abandoning oneself to God's will, was the motto of Pope John Paul 11. Mary takes our all with our imperfections, and offers our all to God through her perfection and blessedness. In this way we are giving her permission to be our mother, and to look after all our needs, spiritual as well as temporal.

When the late Pope was shot in St. Peter's Square on the thirteenth of May 1981, the anniversary of Our Lady of Fatima, he credited Mary with saving his life that day. A year later the bullet which was removed from his body was placed in the crown of the statue of Our Lady of Fatima, at the her shrine in Portugal.

Start your day with the prayer called **The Morning Offering**, this prayer and your desire to live according to the Beatitudes will advance you in holiness.

### **The Morning Offering.**

**O Jesus , through the most pure heart of Mary, I offer You all my prayers, works, joys and sufferings of this day for all the intentions of Your Divine Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the intentions of our Holy Father the Pope.**

Devotions are prayers said in honour of Our Lord, Our Lady, or to a Saint who will intercede for us before the throne of God, when we have a special need. Many devotions to the Saints begin when a saint is associated with one area of everyday life; for example, a devotion to St. Anthony, has grown around the finding of lost articles. In return for the Saint helping us find a lost article we promise to give food or money for the poor. We call this gift of money a donation to **St. Anthony's Bread**.

### **Prayer To find a lost article.**

St. Anthony, perfect imitator of Jesus, who received from God the special power of restoring lost things, grant that I may find (name the article) which has been lost. At least restore to me peace and tranquility of mind, the loss of which has afflicted me even more than my material loss. To this favour I ask another of you: that I may always remain in possession of the true good that is God. Let me rather lose all things than lose God, my supreme good. Let me never suffer the loss of my greatest treasure, eternal life with God. Amen.

**In** situations that seem impossible, when we can see no way to resolve a problem, we

turn to **St. Jude**, the Saint of Hope, for help. We can pray to him with confidence knowing that Jesus has told us, that nothing is impossible with God.

### **To St. Jude The Apostle:**

Glorious Apostle, St. Jude Thaddeus, I salute you through the Sacred Heart of Jesus. Through His Heart I praise and thank God for all the graces He has bestowed upon you. I implore you through His love to look upon me with compassion. God has granted to you the privilege of aiding us in our most desperate situations. Please help me now in this situation which is causing great anguish----( describe the situation).St. Jude, pray for us and for all who invoke your aid.

### **Devotion to the Sacred Heart of Jesus.**

A major devotion was initiated by **Jesus** himself when He appeared to a Nun, **St.Margaret Mary Alocque**, whom He asked to make devotion to his Sacred Heart widely known. Jesus appeared to her many times between 1673 and 1690. He showed her His Sacred Heart which, He told her, was much offended by the sins of mankind. By showing Sister Margaret Mary His Heart, He was reminding her and the world of His great love and mercy for mankind.The Sacred Heart of Jesus is a visual summary of the covenants between God, our Father, and His people. He spoke to her about His great suffering when His people treat His presence in the Blessed Sacrament with indifference.

With devotion to the **Sacred Heart of Jesus** come twelve special promises which bring great consolation to those who are faithful to Him.You can consecrate yourself, your family and home, class or school to the Sacred Heart. Begin your devotion by displaying a picture or statue of the Sacred Heart in a central place. Say the prayer of consecration and then offer your life daily to Jesus.

### **The Promises of Our Lord.**

1. I will give them all the graces necessary in their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their secure refuge during life, and above all in death.
5. I will bestow abundant blessings upon all their undertakings.
6. Sinners shall find in my Heart the source and the infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place in which an image of my Heart shall be exposed and honoured.
- 10.I will give to priests the gift of touching the most hardened hearts.
- 11.Those who promote this devotion shall have their names written in my Heart, never to be effaced.
- 12.I promise thee in the excessive mercy of my Heart that my all powerful love will grant to all those who go to communion on the First Friday in nine consecutive months the

grace of final penitence; they shall not die in my disgrace nor without receiving their Sacraments. My Divine Heart shall be their safe refuge in this last moment.

**" Behold this Heart which has loved men so much."**

### **An Act of Consecration to the Sacred Heart of Jesus.**

O sacred Heart of Jesus, filled with infinite love, broken by my ingratitude, pierced by my sins, yet loving me still, accept the consecration that I make to you of all that I am and all that I have. Take every power of my soul and body and draw me day by day nearer to your Sacred Heart and there as I can bear the lesson, teach me your blessed ways.

### **Daily Prayer to the Sacred Heart**

Sacred Heart of our Saviour, please bless us as the new day dawns. May we grow today in your friendship, in helpfulness to others, in gratitude for your benefits beyond number. May your love fill our hearts, guard our thoughts, and inspire our actions. Jesus, we believe in your love for us. We trust in You and want to remain forever in Your loving Heart. Amen.

### **Here are some of Jesus' words to St. Margaret Mary:**

*" Behold this Heart which has so loved mankind that it has spared nothing, even to exhausting and consuming itself, in order to give them proofs of its love; and in return I receive from the greater number of them nothing but ingratitude by reason of their irreverence and sacrileges, and by the coldness and contempt which they show Me in this Sacrament of Love. But what I feel most keenly is that it is hearts which are consecrated to Me, that treat Me thus.*

*Therefore I ask of you that the Friday after the octave of the Feast of the Blessed Sacrament be kept as a special feast in honour of My Heart. By receiving communion on that day and making to my Heart a reparation of honour for all the unworthy treatments it has received during the time it has been exposed on the altars, My Heart shall shed in abundance the influence of its Divine Love upon all those who shall thus honour it."*

As well as prayers to the Sacred Heart of Jesus, there are prayers in honour of His Holy Face, His Precious Blood, and The Wounds of Christ.

Of special note are the fifteen prayers revealed by **Our Lord to St. Bridget of Sweden** in the Church of St. Paul at Rome. These prayers were approved by Pope Pius IX for recitation by the faithful. (printed in 1740, in Toulouse, France.)

### **St. Padre Pio of Pietrelcina.**

Padre Pio was born of simple, hardworking farming people on May 25, 1887, in Pietrelcina, Southern Italy. He entered the Capuchin Friars at the age of 15. He was

ordained a priest in 1910. On September 20, 1918, the five wounds of Our Lord's Passion appeared on his body, making him the first stigmatized priest in the history of the Church.

His whole life was marked with long hours of prayer and continual penance. His letters to his spiritual directors reveal the sufferings, physical and spiritual, which accompanied him all through his life. They also reveal his deep union with God, his burning love for the Blessed Eucharist and for Our Blessed Lady. He died on Sept. 23, 1968.

His Holiness Pope John Paul II beatified Padre Pio on May 2, 1999, and canonized him on June 16, 2002.

**This novena prayer** was recited every day by Padre Pio.

1. O my Jesus, thou hast said: "Truly I say to you, ask and it will be given to you, seek and you will find, knock and it will be opened to you." Behold I knock, I seek and ask for the grace of (name your petition):

**Our Father---Hail Mary---Glory be to the Father---Sacred Heart of Jesus, I place all my trust in you.**

2. O my Jesus, thou hast said: "Truly I say to you, if you ask anything of the Father in My name, He will give it to you." Behold, in Thy name, I ask the Father for the grace of--

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**Our Father---etc.**

3. O my Jesus, Thou hast said: "Truly I say to you, Heaven and Earth will pass away but My words will not pass away." Encouraged by your infallible words I now ask for the grace of---

**Our Father---etc.**

O Sacred Heart of Jesus, for whom it is impossible not to have compassion on the afflicted, have pity on us miserable sinners and grant us the grace which we ask of you, through the sorrowful and Immaculate Heart of Mary, Your tender Mother and ours.

**Say the Hail Holy Queen and add: St. Joseph, foster father of Jesus, pray for us.**

**Devotions** are no more than an ongoing conversation with those in Heaven who continue to pray and intercede for all of God's people. The prayer life of the whole Church benefits from the ongoing exchange between the Saints and the faithful.

**All devotions** lead us to a deeper love for Jesus, and develop in us a rich prayer life, which is full of confidence in Him. Whether we have special devotional prayers or novenas which we say in times of need, we must remember to set aside time to pray and read Scriptures every day. We draw close to Our Heavenly Father, through the life, death, and resurrection of Jesus. We are called to a life of commitment to Jesus by the working of the Holy Spirit in our souls. The Saints and Angels are our companions on our journey to Heaven. They come to our assistance as soon as we call to them. In fact there is constant attention paid to our prayers, so when you pray be confident that you are heard the first time you pray. Devotions and novenas teach us perseverance and acceptance in

prayer.

Jesus told His Apostles to go to Jerusalem where they were to pray until The Holy Spirit, the one Jesus would send, came to them. One hundred and twenty of the disciples prayed for nine days after Jesus' Ascension into Heaven. The life-changing events of **Pentecost Sunday** took place and the **Church** was born after these nine days of intense and fruitful prayer.

Praying for **nine days**, or for one day each week for nine weeks, is called a **Novena**. Novenas are available in leaflet form or can be found in prayer books for use by the faithful. Some examples are: **Novenas in honour** of St. Anthony, St. Jude, St. Peregrine (cancer), The Sacred Heart of Jesus, to the Holy Spirit, to the Infant Jesus of Prague, to Our Lady of Perpetual Help, of the Sorrows of the Blessed Virgin Mary, to Our Lady of Lourdes, to St. Joseph, (Patron of Workers), to any of the Archangels or to all the Angels, to St. Anne, to St. Gerard for an expectant mother, to St. Rita helper of the hopeless, to St. Martin de Porres for the sick, and St. Therese of the Child Jesus, known as The Little Flower.

### **My Novena Rose Prayer to St. Therese of the Child Jesus.**

**O little Therese of the Child Jesus, please pick for me a rose from the heavenly gardens and send it to me as a message of love.**

**O little Flower of Jesus, ask God today to grant the favours I now place with confidence in your hands---(Here mention your specific requests).**

**St. Therese, help me to always believe, as you did, in God's great love for me, so that I might imitate your " Little Way" each day. Amen.**

### **Prayer composed by St. Therese of Lisieux.**

Jesus, Who in Thy bitter Passion did become "the reproach of men and the Man of Sorrows," I venerate Your Holy Face on which shone the beauty and gentleness of Divinity. In those disfigured features I recognize Your infinite love, and I long to love you and to make You loved.

**May I behold Your Glorious Face in Heaven!**

### **Lent, a time for reflection and renewal.**

During the Lenten Season the Church reminds the faithful about the Passion and Death of Our Lord. **The Stations of the Cross** are encouraged as a devotion on Fridays of Lent, however the faithful can make the Stations at any time.

**Benediction of the Blessed Sacrament** is a beautiful devotion held in the church by the priest. It is a devotional prayer of Praise in honour of Our Lord in the Eucharist.

### **The Lenten Prayer of St. Gregory the Great:**

Now let us all with one accord,  
in fellowship with ages past,  
Keep vigil with our heavenly Lord,  
In His temptation and His fast.  
The covenant so long revealed  
To the faithful in former times,  
Christ by His own example sealed;  
The Lord of Love, in love sublime.  
Remember Lord, though frail we be,  
By Your kind hand were we made;  
And help us, lest our frailty  
Cause Your great name to be betrayed.  
Hear us, O Trinity sublime,  
And undivided unity;  
So let this consecrated time  
Bring forth its fruit abundantly.

***Ephesians: 6: 18.***

***At every opportunity pray in the Spirit, using prayers and petitions of every sort. Pray constantly and attentively for all in the holy company.***

**An Act of Contrition:**

**O my God, I am heartily sorry for having offended You, and I detest all my sins, because of Your just punishments, but most of all because they offend You, My God, who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.**

**Prayer Before A Crucifix**

**Look down upon me, good and gentle Jesus, while before Your face I humbly kneel, and with burning soul pray and beseech You to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment, while I contemplate with great love and tender pity Your five wounds, pondering over them within me, calling to mind the words which David, Your prophet, said of You, my good Jesus: "They have pierced my hands and my feet; they have numbered all my bones" ( Ps 21, 17-18)**

***A plenary indulgence is granted to all those who piously recite this prayer after Communion, before an image of Christ crucified, during Lent. A partial indulgence can be gained on any other day of the year.***

**Stations of the Cross for private use.**

**1. Jesus is condemned to death.**

" Behold your king," says Pilate. "Away with Him," the people shout. And they sent you to your death. Lord Jesus, Word made flesh, Light for our dark world, God come to save us, may we never send you away.

## **2. Jesus carries His cross.**

You were led to Calvary, Lord, carrying the cross by yourself. The cross you bore was also mine. By your holy cross, make me faithful and strong. Let me take up my cross with love as You did for the whole World.

## **3. Jesus falls the first time.**

You fall, dear Jesus, under the weight of the cross, having first suffered the terrible torture of being scourged, and then crowned with thorns. All received on Pilate's instructions. Yet you rise again, to carry your cross, and struggle to your crucifixion, for love of us. Give your grace, O Lord, to all who fall under the weight of life's struggles; help them to rise again and go on with faith and trust in you.

## **4. Jesus meets His Mother.**

O Mother of my Saviour, with love and grief beyond all telling you meet your beloved Son. The words of Simeon spoken in the Temple so long ago tell us of your pain:

*" Now, Master, you can let your servant go in peace,*

*Just as you promised; because my eyes have seen the salvation which you have prepared for all the nations to see, a light to enlighten the pagans and the glory of your people Israel.---You see this child: he is destined for the fall and for the rising of many in Israel, destined to be a sign that is rejected---and a sword will pierce your own soul---so that the secret thoughts of many may be laid bare." (Luke 2: 29-32.)*

Help us, Mother, by the sacrifice of your Son, to heal the wounds in our lives.

## **5. Simon helps Jesus.**

Simon did not know you, Lord, when he was forced to help carry your cross. Where were those who were your friends? Let us not fail you now, Lord. You still come to us, sometimes in distressing circumstances. Lord, may we find you in the people we meet every day. Let us with gladness take up our cross daily and follow You in love and obedience.

## **6. Veronica wipes the face of Jesus.**

Veronica was your friend, dear Lord. Despite the hostile crowd and the soldiers who surrounded you, she stepped forward to wipe your face which was covered with blood from your wounded head. Give us the courage we need, Lord, to do what is right in difficult situations. Let us always see you, Lord, in the ordinary events of our lives, and in the small acts of kindness that can so easily go unnoticed.

## **7. Jesus falls the second time.**

Under the weight of the cross, you fall again, dear Lord. You are already near to death, your pain increased by this crushing fall. By the merits of this second fall, give me the graces I need to persevere in my trust and my desire to be your faithful follower until death. By the merits of this second fall, come to my assistance, and to the assistance of all those I carry in my heart.

## **8. Jesus meets the women of Jerusalem.**

The women wept to see what had been done to you. Was it not a short time ago that you,

Lord, healed the lame, gave sight to the blind, and raised the dead to life? Now, in this hour of sadness, you tell those who weep in sorrow at your unjust punishment that they too will have their hour of pain. Help us, Lord, when we call to you. Give us courage to continue the difficult journeys of life.

### **9. Jesus falls the third time.**

You can scarcely move, dear Jesus, yet your executioners try to hurry you on. Your weakness is so extreme that you fall for the third time. Dear Jesus, by the suffering and pain of this third fall, you pay the debt for our mortal sins. We ask you, Lord, that all those in mortal sin, be given the grace to realise their grave spiritual condition, and ask for your forgiveness. If you had not suffered, not one person would have their sins forgiven. Let our gratitude be shown in our faithfulness to you, dear Lord.

### **10. Jesus is stripped of his garments.**

You were stripped of all your dignity, Lord. The Roman soldiers pulled your clothes from your bleeding body, causing you anguish and pain. They then cast lots for your clothes. Lord, you suffered for the many sins against the body. Our Father gave us great dignity when on the sixth day of creation He created mankind in His Own Image. Through you, we are his sons and daughters, and heirs to the Kingdom of Heaven. The price of our redemption was your death on the cross. Help us Lord, to know that our bodies are sacred, and that they are your resting place when you come to us in the Eucharist.

### **11. Jesus is nailed to the cross.**

**When they had reached a place called Golgotha, that is, the place of the skull, they crucified Jesus on the cross. People came to mock you, Lord. Your Mother and some of your bravest followers stood close-by. They suffered as you did, Lord, to see you so shamefully treated.**

*As the crowds were appalled on seeing him--so disfigured did he look that he seemed no longer human---so will the crowds be astonished at him, and kings stand speechless before him; for they shall see something never told and witness something never heard of before: (Isaiah 52: 14-15)*

*And yet ours were the sufferings he bore, ours the sorrows he carried. But we, we thought of him as someone punished, struck by God and brought low. Yet he was pierced through for our faults, crushed for our sins.*

*On him lies a punishment that brings us peace, and through his wounds we are healed.(Isaiah 53: 4-5)*

### **12. The death of Jesus.**

At the ninth hour Jesus cried out in a loud voice, "Eloi, Eloi, lama sabachthani?" which means, "My God, My God, why have you forsaken me?"----- But Jesus, again crying out in a loud voice, yielded up his spirit.' (Mt.27: 45-50)

Christ for our sake became obedient unto death. Even death on the cross.

**Anima Christi.**

***Soul of Christ sanctify me;***

***Body of Christ save me;***

***Blood of Christ inebriate me;***

*Water from the side of Christ wash me;  
Passion of Christ strengthen me;  
O good Jesus hear me;  
Within your wounds hide me;  
Never permit me to be separated from You;  
From the evil one protect me,  
At the hour of my death call me,  
And bid me come to You  
That with Your saints  
I may praise You forever. Amen.*

*St. Ignatius.*

### **13. Jesus is taken down from the cross.**

Jesus is taken down from the cross and His sorrowful Mother receives Her Son into her arms.

Lord, Jesus Christ we present to you our prayers and our offerings. We recall in them the piercing of the soul of the blessed Virgin Mary, Your Mother. By the merits of Your death, through her prayers united together with those of the saints who stood by her at the foot of the cross may we share in the reward of the blessed.

O Mary, by the anguish you experienced when your Son died on Calvary, obtain the grace of a happy death for all your children. May we love Jesus and you on earth and love you eternally in heaven. Amen.

### **14. Jesus is placed in the sepulcher**

The body of Jesus, anointed with spices is brought to the sepulcher.

*"A grave was assigned him among the wicked,  
And a burial place with evil doers,  
Though he had done no wrong,  
Nor spoken any falsehood---  
Because he surrendered himself to death,  
and was counted among the wicked;  
To win pardon for their offences." (Is. 53: 9, 12 )*

## **Hymns and Prayers Used at Benediction of The Blessed Sacrament.**

### **O Saving Victim (O Salutaris Hostia)**

O Saving Victim, open wide  
The gate of heaven to man below!  
Our foes press on from every side;  
Your aid supply, Your strength bestow.  
To Your great Name be endless praise,  
Immortal God-head, One in Three!  
O grant us endless length of days  
In our true native land with Thee. Amen.

### **Down in Adoration (Tantum Ergo)**

Down in adoration falling  
Lo! the Sacred Host we hail;  
Lo! our ancient forms departing,  
Newer rites of grace prevail;  
Faith for all defects supplying,  
Where the feeble senses fail.  
To the everlasting Father,  
And the Son who reigns on high,  
With the Holy Spirit proceeding  
Forth from each eternally,  
Be salvation, honour, blessing  
Might and endless majesty. Amen.

Let us pray:

O God, who in this wonderful sacrament have left us a memorial of Your Passion: grant us, we beseech You, so to venerate the sacred mysteries of Your Body and Your Blood, that we may ever feel within us the fruit of Your redemption, who lives and reigns with You in the unity of the Holy Spirit, one God forever and ever. Amen.

### **The Divine Praises**

**Blessed be God.**

**Blessed be His Holy Name.**

**Blessed be Jesus Christ, true God and true Man.**

**Blessed be the Name of Jesus.**

**Blessed be His Most Sacred Heart.**

**Blessed be His Most Precious Blood.**

**Blessed be Jesus in the Most Holy Sacrament of the Altar.**

**Blessed be the Holy Spirit, the Paraclete.**

**Blessed be the great Mother of God, Mary most holy.**

**Blessed be her holy and Immaculate Conception.**

**Blessed be her glorious Assumption.**

**Blessed be the name of Mary, Virgin and Mother.**

**Blessed be St. Joseph her most chaste spouse.**

**Blessed be God in his Angels and in His Saints.**

May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

### **The Miraculous Medal.**

About midnight on July 18, 1830, Catherine Labore, a novice with the Daughters of Charity of St. Vincent de Paul, was led to the chapel of the Rue du Bac in Paris and there spoke with the Mother of God who asked Catherine to do a holy work on her behalf for the spiritual life of the faithful.

Four months later, on November 27, Catherine was shown by Our Lady, the design of a medal which would remind people of the love and protection which Our Heavenly Mother offers us. Wearing the medal would be our way of showing that we accept her protection.

When people began wearing the medal many wonderful acts of kindness came from Our Lady. People began to speak of the medal as "Miraculous". So the name, the Miraculous Medal, was born. It is the acceptance of Mary our Mother's protection that is important when we wear the medal shown to St. Catherine Labore.

For forty-seven years, during which, the Medal became popular world wide, Sister Catherine lived an ordinary, obscure, laborious life as a Daughter of Charity. No one except her confessor knew that it was she who had been requested by Our Lady to have the Medal made and distributed.

The Daughters of Charity and the Vincentian Fathers publicise and promote the Medal and its heavenly message to the world.

During one of the apparitions, Mary appeared to St. Catherine holding in her hands a globe surmounted by a cross. Our Lady raised up the globe as an offering to Our Heavenly Father. The Sister was told by Our Lady that, "The globe represents the entire world---and each person in the world"

Our Lady asked that a statue be made showing her offering the world to God. Catherine affirmed that Our Lady held the world in her hands: "--like a compassionate mother, keeping it close to her heart, warming it with her tender love."

On July 27, 1947 Blessed Catherine Labore, known as The Saint of Silence, was canonised by Pope Pius XII.

On the front of the medal and encircling it is a short and now famous prayer: "*O Mary conceived without sin, pray for us who have recourse to thee.*"

Mary stands on a globe, the world. Around her feet a twisted serpent, the devil, struggles for mastery. Here is the conflict between the Woman spoken of in the first book of the bible, Genesis. Hers is the victory won by Her seed, Christ. We see the light and grace of Christ coming from her hands.

On the back of the medal we see a large letter M with a cross above it. M is for Mary and Mother because she is indeed the Mother of God's people--a people founded on the twelve Apostles, signified by the twelve stars arranged around the side of the medal.

The two hearts are those of Jesus and Mary. God's message for Mary was one of suffering: "A sword will pierce your own heart too" ----just as the heart of Jesus would be pierced by a soldier's lance. The showing of the two hearts is a reminder of God's very personal love for us. Mother and Son are united in the work of redemption as Christ offers Himself, an unblemished victim, on the cross. Mary, His Mother, stands by the cross, assenting in faith so that the world might be saved.

The Miraculous Medal, is seen as a summary of the Church's teaching on Our Lady--as well as a personal message to each one of us.

**The Medal is not a good luck charm!** It is a reminder that Our Lady is--to quote Pope Paul VI--"a sure hope for the those troubled in mind as they often are; divided in heart; uncertain before the riddle of death; oppressed by loneliness; a prey to boredom." Our Lady of the Miraculous Medal will help lighten our darkness for she brought forth Him who is " the Light of the World."

**The Medal is available at any Catholic book store**