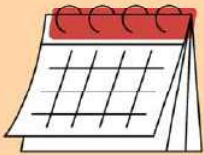


WHAT IS A NOVENA?

THE WORD "NOVENA" MEANS NINE

The word "novena" comes from the Latin "novem" which means nine. Thus novenas always include nine of something: months, weeks, days, hours or even the same prayer repeated nine times.



WHY PRAY A NOVENA?



When we pray a novena, we focus our attention intently on a special intention in order to receive special graces and either the answer to our prayers or discernment on what we need to do.

REPETITION BRINGS GROWTH



Repeating prayers and repeating them over time is helpful because we often need that length of time to move beyond merely making a request to learning to listen to God as He speaks to us in prayer. Nine days of prayer gives us time to consider more aspects of our prayer intention than just receiving an answer.

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DATES BACK TO THE APOSTLES

Novenas are an ancient tradition that goes back to the days of the Apostles. Jesus told His disciples to pray together after His ascension, so the Apostles along with Mary gathered to pray in the Upper Room during the nine days between the Ascension and Pentecost. (The first novena).

Faith
Hope
Love

HOW CAN NOVENAS HELP US?

Novenas help us to open ourselves to God in order to increase our faith and grow in the love of God and others. They aid in inner healing, obtaining special graces, being transformed and growing in virtue and holiness. They bring us peace and joy, regardless of the answer we've received to our petition.