

## How do I pray a Novena

In Acts 1:4, Jesus told His disciples in Jerusalem to “wait for the promise of the Father.” Between the time of His Ascension and Pentecost, Jesus’ Apostles spent nine days devoted to prayer. After this time of prayerful preparation, the Holy Spirit came upon them and filled them with supernatural grace, giving them the courage and faith to fulfill Christ’s divine mandate.

A tradition developed to imitate the Apostles’ prayer in the Upper Room by praying for a particular intention for nine days. This devotion was called a novena. The word novena comes from the Latin word *novem* which means nine.

A novena prayed well increases our faith and helps us grow in virtue through nine consistent days of prayer. (Some “novenas” are shorter, some longer, as various novena devotions have developed over time.) The repetition of certain prayers over multiple days keeps the specific devotion fresh in our minds, helps us grow in patience and perseverance, and can open our hearts to receive any special graces Our Lord may want to give us during that time.

While there are many different types of novenas, over the centuries a few standards have come about. Many novenas also include prayers and reflections for each day, focusing on particular virtues or petitions.

The most popular time to pray a novena is during the days leading up to a special feast day. These special feast days include Pentecost, Christmas, the Sacred Heart of Jesus, and St. Thomas The Apostle, Our Lady Undoer of Knots, among many others!

If you have a special devotion to a saint, it’s common to pray a novena leading up to that saint’s feast day, or simply any time you have a specific intention that falls under the patronage of that saint. Some popular novenas to saints and angels include St. Thomas the Apostle, St. Thérèse of Lisieux, St. Jude, St. Rita, and St. Michael the Archangel.

# St. Thomas the Apostle Novena

Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." -John 20:27

*Patron Saint of Architects and Against Doubt*     **Start on June 24 (not prayed on Sunday, June 26) – last day July 3**

**Day 1** –Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord Jesus, Saint Thomas doubted Your resurrection until he touched Your wounds. After Pentecost, You called him to become a missionary in India but he doubted again and said no. He changed his mind only after being taken into slavery by a merchant who happened to be going to India. Once he was cured of his doubt, You freed him and he began the work You had called him to do. As the Patron Saint against Doubt, I ask him to pray for me when I question the direction in which You are leading me. Forgive me for mistrusting You, Lord, and help me to grow from the experience.

Saint Thomas, pray for me.

Amen. Almighty and ever-living God, who didst strengthen thine apostle Thomas with sure and certain faith in thy Son's resurrection: Grant us so perfectly and without doubt to believe in Jesus Christ, our Lord and our God, that our faith may never be found wanting in thy sight, through him who liveth and reigneth with thee and the Holy Spirit, one God, now and forever.

(Mention your request here...)

St. Thomas the Apostle, pray for us.

Say 1: Our Father... Say 1: Hail Mary... Say 1: Glory Be...

**Day 2** - Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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**Day 3** –Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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**Day 9** – Let us begin, In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

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