What is a Novena?

The origin of the novena actually dates all the way back to 1st century, AD, to the time of Jesus and the apostles. After Jesus ascended into Heaven, he exhorts the apostles to go into Jerusalem to wait and pray for the coming of the Holy Spirit. Scripture (Acts of the Apostles, Chapters 1 and 2) and tradition tells us that the apostles and the Blessed Mother gathered in the Upper Room to pray for the coming of the Spirit. On the day of Pentecost, the Holy Spirit descended upon Mary and the Apostles, empowering them to go out and preach the Gospel and baptize. Pentecost has now become known as the "birthday of the Church".

But what does this have to do with a "novena"? The word "novena" is Latin for "nine", related to the nine days that the disciples of Our Lord and His Mother spent in prayer from the time of his ascension to Pentecost. Just as they prayed for nine days for a specific intention (the coming of the Holy Spirit), we as Catholics have a tradition of praying novenas, or specific prayers for nine days, weeks, etc. We continue the tradition of praying for God to intercede for us, and on occasion do so through the intercession of particular saints.

For this novena, pray the Chaplet of Divine Mercy along with the following prayer every day. This is our chance to Praise God for his unending and unconditional mercy in a special way!

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You! (x3)

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence entrust ourselves to Your holy will, which is Love and Mercy itself.