



Novena
Meditations
TO Our Mother OF
Perpetual Help



Liguori

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WHAT IS A NOVENA?

A novena is a good way to help us form the habit of regular prayer. Traditionally, a novena is a prayer or set of prayers repeated for nine consecutive days. However, it could just as well be accomplished in nine consecutive hours of one day, or spread out to include one particular day each week over the course of nine weeks. No fixed rules need to be set down for making a novena, except to persevere in the prayer. Through these prayers and devotions, we bring our Blessed Lady into our lives and share with her our needs and worries. We ask Mary to join her prayers with ours, and as we do, our friendship with her grows.

THE ICON OF OUR MOTHER OF PERPETUAL HELP

The icon of Our Mother of Perpetual Help is not merely a beautiful picture—it is a timeless message. In it, Mary points out and directs us to Jesus. Her watchful care for us, her beloved children, never ends; it is perpetual.

To comprehend fully the richness in the icon of Our Mother of Perpetual Help simply looking at it is not enough. We need to get in touch with its spiritual message by “reading” the symbolism it contains. That is what the guided meditations in this novena are meant to do. May the prayers you offer using this novena help deepen your devotion to Mary under the title “Mother of Perpetual Help.”

How to Use This Pamphlet

When making this novena privately, it is suggested that you find a place where you can be comfortable and quiet, away from distractions. Begin by closing your eyes and becoming aware of God's presence with you. Before beginning the prayers below, call to mind what it is you want to ask of Our Lady this day.



Opening Prayer (To be recited every day)

Most holy and Immaculate Virgin and our Mother Mary, you are our Perpetual Help, our refuge and our hope. We come to you today. We thank God for all the graces received through your intercession. Mother of Perpetual Help, we promise to love you always and to do all we can to lead others to you. Confident of your powerful influence with God, obtain for us these graces: the strength to overcome temptation, a perfect love for Jesus Christ, and a holy death so that we will live with you and your Son for all eternity. Amen.

Litany of Mary

Holy Mother of God, pray for us.

Holy Virgin of Virgins, pray for us.

O Morning Star, pray for us.

O Comforter of the Afflicted, pray for us.

Mother of Christ, pray for us.

Mother of Our Savior, pray for us.

Cause of Our Joy, pray for us.

Virgin Most Venerable, pray for us.

Virgin Most Powerful, pray for us.

Daily Reflection

Now go to one of the reflections from the following pages, then return to the closing prayer below.

Closing Prayer (To be recited every day)

All powerful and merciful Lord, you give us the picture of the Mother of your Son to venerate under the title of Our Mother of Perpetual Help. Graciously grant that in all the difficulties of our lives we may be assisted by the continuous protection of the Virgin Mary and obtain the reward of eternal redemption. You who live and reign forever and ever. Amen.



MARY'S FACE



IN THE PICTURE of Our Mother of Perpetual Help our Lady is calm and majestic. Her almond-shaped eyes set beneath those thin dark eyebrows, her narrow nose, and her pursed lips present her face with beauty and solemnity. Yet her eyes, slightly closed, express