
✠ Explore 4 ✠

PRAY A NOVENA

Goal: *As a family, pray a novena — nine days of prayer — for a special intention.*

“Pray, hope, and don’t worry.”
— St. Padre Pio

WHAT IS IT?

A novena is nine consecutive days of prayer offered for a special intention or in preparation for a feast.

The very first novena was prayed by the Apostles and the Blessed Virgin Mary, who gathered together for the nine days between Jesus’ Ascension and the coming of the Holy Spirit at Pentecost (Acts 1:14). Ever since, Christians have set aside nine days to ask God for graces, to seek a saint’s intercession, or to prepare for a feast.

WHERE AND WHEN?

A novena can be prayed anywhere.

Families often pray a novena leading up to a feast day or before a big event (a birth, a move, etc).

HOW TO PRAY A NOVENA

- **Choose your intention** — a need, a person, or a thanksgiving to offer. Let each child name an intention, if they’d like.
- **Choose a novena** tied to your intention or to a favorite saint (see the list below).
- **Pray the same prayers each day** for nine days in a row.
- **If you miss a day**, simply pick up where you left off. God treasures your faithfulness, not your perfection.



PRACTICAL TIPS FOR FAMILY NOVENAS

- ◆ Keep it short for little ones. A few minutes of prayer; novenas are about consistency, not length.
- ◆ Use a visual reminder; a calendar or paper chain with links to tear can help children keep track of the days.
- ◆ Pray at a set time so that it becomes a rhythm.
- ◆ Tie it to the Church calendar. The Holy Spirit Novena before Pentecost or the St. Andrew Christmas Novena in Advent connects your prayer life to the life of the Church.
- ◆ Explain that God always answers — sometimes “yes,” sometimes “not yet,” sometimes “I have something better.”
- ◆ Write and submit your family reflection on the experience of praying a novena together.

MORE RESOURCES

- ◆ [Pray More Novenas](#) — a free website that emails each day’s novena prayers to you.
- ◆ [What is a Novena? Catholic Kids Learn to Pray for 9 Days](#) — Youtube video for kids about Novenas
- ◆ [How to Pray a Novena \(the Right Way\)](#) — Youtube video for adults by Fr. Mike Schmitz.

Submit your online reflection here.
<https://www.stbarbarachurch.org/explore-4>

POPULAR NOVENAS TO PRAY AS A FAMILY

Novena to the Sacred Heart of Jesus
The Divine Mercy Novena
Novena to the Holy Spirit (Pentecost)

The Holy Family Novena
St. Joseph Novena
St. Anne Novena

St. Thérèse Novena
St. Andrew Novena (Advent)
St. Michael the Archangel Novena
