



**THE NOVENA TO
OUR LADY OF PERPETUAL HELP**

INTRODUCTION

“The purpose of the novena is not just to bring our needs and aspirations to God through the prayers of Our Mother of Perpetual Help but to let Mary bring us to Jesus in order to follow him—the true path to God. This is the main message of the Icon of Our Mother of Perpetual Help. It would be a great means, therefore, that in praying the novena for nine days, we contemplate on the meaning of the whole Icon and its parts. The whole purpose of this contemplation is to live our daily lives and experiences in the example of Mary— following the path of Jesus towards true happiness and peace.” – National Shrine of Our Lady of Perpetual Help, Redemptorist, Baclaran, Philippines

ENTRANCE HYMN

Immaculate Mother, to you do we plead
To ask God our Father, for help in our need.
Ave, Ave, Ave Maria. Ave, Ave, Ave Maria

We pray for our country, the land of our birth;
We pray for all nations, that peace be on earth.
Ave, Ave, Ave Maria, Ave, Ave, Ave Maria

OPENING PRAYER

Priest: In the name of the Father and of the Son and of the Holy Spirit.
AMEN.

God sent his son into the world as the Saviour of all peoples. Through the cooperation of Mary, God became man and walked among us. Jesus shared fully in our human experience, our sorrows and our joys. He alone is the Saviour and to him we must entrust our hearts.

Mary, his mother, is a model of fidelity to Christ. Let us follow her example and as we begin our novena let us call upon God, seeking his mercy and pardon.

People: Merciful Father * you sent your Divine Son * to redeem us by his death and resurrection * and to give us new life. By this you make us your children * and command us to love one another in Christ. How many times in the past * we have forgotten our sublime dignity. We have sinned against our brothers and sisters; * we have offended you. Merciful Father, forgive us. Repenting sincerely of our sins we ask your mercy; * may we always live as your truly devoted children.

NOVENA PRAYER (kneel)

People: Dear Mother of Perpetual Help, * from the cross Jesus gave you to us for our Mother. You are the kindest, the most loving * of all mothers. Look tenderly on us your children * as we now ask you to help in all our needs * especially this one (*Pause*). While you were on earth, dear Mother * you willingly shared in the sufferings of your Son. Strengthened by your faith and confidence * in the fatherly love of God * you accepted the mysterious designs of His Will.

We too, have our crosses and trials. Sometimes they almost crush us to the ground. Dearest Mother * share with us your abundant faith and confidence in God. Make us aware that God never ceases to love us; * that He answers all our prayers * in the way that is best for us. Strengthen our hearts to carry the cross * in the footsteps of your Divine Son. Help us to realize * that he who shares the cross of Christ * will certainly share his resurrection.

Dearest Mother, as we worry about our own problems * let us not forget the needs of others. You always loved others so much; * help us to do the same. While praying for our own intentions * and for the intentions of all here present at this Novena * we earnestly ask you, our Mother * to help us comfort the sick and the dying * give hope to the poor and the unemployed * heal the broken hearted * lighten the burden of the oppressed * teach justice to their oppressors and bring back to God all those who have offended Him.

Dearest Mother, help us to avoid sin which separates us from our heavenly Father * and from one another. Full of trust in you * we place ourselves under the mantle of your maternal protection * and confidently hope for your powerful help. Amen.

PRAYER FOR THE HOME

People: Mother of Perpetual Help * we choose you as Queen of our homes. We ask you to bless all our families * with your tender motherly love. May the Sacrament of Marriage * bind husbands and wives so closely together * that they will always be faithful to each other * and love one another as Christ loves his Church.

We ask you to bless all parents. May they love and cherish their children * whom God has entrusted to them. May they always give them the example * of a truly Christian life. Help them to bring up their children * in the love and fear of God. Bless all children * that they may love, honour and obey * their fathers and mothers. To your loving care * we especially entrust the youth of today.

Give us all a sense of responsibility * that we may do our part * in making our home a haven of peace * like your own home at Nazareth. We take you as our model. Help us to grow daily in genuine love of God and neighbour * so that justice and peace may happily reign * in the entire family of mankind. Amen.

PETITIONS TO OUR MOTHER OF PERPETUAL HELP

Holy Mary.....*Pray for us*
Holy Virgin, conceived without sin.....*Pray for us*
Our Mother of Perpetual Help..... *Pray for us*
We sinners call to you..... *Loving Mother pray for us*

RESPONSE IN EVERY PETITIONS

R: Loving Mother, pray for us

Novena Day 1

*That we may be filled with the Holy Spirit and become courageous witnesses of Christ's love for men. (R)

*Reflection: "IN the 500YOC logo, the Holy Spirit is depicted prominently and artistically as the animating force that brought faith and sustains it among the Filipinos. As Pure Love, Divine Energy, Creative Spirit and Healing Force, the **Espiritu Santo** is real though beyond our physical senses. We pray for the Holy Spirit to manifest in, with and through us in our day-to-day activities."*

*That we may be more and more like our Divine Lord as you were. (R)

Reflection: "WE intuitively know the extent to which Mama Mary is totally conformed to Christ. We also realistically know that as a people we are so simple, just like Mama Mary. We may not have spectacular levels of catechetical knowledge but our love and trust on Mama Mary is a guarantee that we are journeying towards oneness with Jesus as she is one with Him."

*That we may be meek and humble of heart like your Son, Jesus. (R)

*That we may fear losing God's friendship forever by unrepented sin. (R)

*That we may seek Christ's mercy and forgiveness constantly in the sacrament of Penance.

*Reflection: "FOR 500 years Filipinos have taken on the devotion of **Pinetensya** - of flogging ourselves during Holy Week to atone for our sins and sins of humanity. We have yet to discover fully the powerful healing impact of the sacrament of confession. Christ and Mama Mary both do not want us to be parading our crosses around. Once confessed, our sins are forgiven."*

*That we may be aware of God speaking to us in the events of daily life. (R)

*That we may pray daily with love and trust, especially in moments of temptation. (R)

*That we may realize the value of worshipping God together in the Eucharist. (R)

Novena Day 2

*That we may grow in the love of Christ and neighbour by frequent Communion. (R)

*That we may reverence our bodies as temples of the Holy Spirit. (R)

Reflection: "WE know sacrificial love as a people from the time our faith was given to us 500 years ago. At times, we sacrifice so much for our families, relatives and friends to the point of neglecting our own wellbeing. Mama Mary sacrificed a lot as well, but she did not neglect her body as she knew the Holy Spirit dwells in her. We can and must learn from her. This is most applicable in our Hanap-buhay, which at times become Hanap-patay."

*That we may strive to be true Christian by our loving concern for others. (R)

*That we may proclaim the dignity of work by doing our own work conscientiously. (R)

*That we may forgive from our heart those who have wronged us. (R)

*That we may see the evil of seeking our own interest at the expense of others. (R)

Reflection: "WE are communal by nature. While the blessing of faith came from foreign colonizers, they also brought many Western values that ruin community. It is essential that we separate individualistic and opportunistic ways from the ways of the Gospel. We have 500 years of negative ways of dealing with one another to unlearn. We pray to Mama Mary to guide us and teach us her humble and docile ways."

*That we may work for the just distribution of this world's goods. (R)

Novena Day 3

*That we may share our talents with others for the good of the community.
(R)

*That we may accept our responsibility in the community in a spirit of genuine service.

*Reflection: "TAYO ay may pananagutan sa isa't-isa. We still have that value manifested in our **Malasakit** for others, for things, for the whole of creation. Just like Mama Mary who after the Annunciation rushed to be the service of her cousin Elizabeth, let us aspire to grow further in this aspect of loving service as practical expression of the faith that has been dutifully passed down to us over the past 500 years."*

*That the Holy Spirit may guide and strengthen Pope N., the Bishops and the clergy. (R)

*That we may be blessed with an increase of priestly and religious vocations.
(R)

Reflection: "THE future of our faith hangs critically on our community's ability to have more Filipino priests ordained so we will continue to be blessed with the Holy Eucharist and understanding of Holy Scripture according to our cultural milieu. We already have our strong devotion to Mama Mary. We just have to guide our young people to learn how to say "YES" fully as she did."

*That we may care and protect God's creation. (R)

*That we may defend the human dignity and sanctity of human life from conception to natural death. (R)

*That there will be genuine and lasting peace in the world. (R)

Novena Day 4

D. *That we may bring the knowledge and love of Christ to those who do not know Him.

Reflection: MOST of us left the Philippines to pursue better opportunities. Underneath that aspiration is also the desire for us to reach out and touch other people's lives. Our Lord calls us to awaken to our new-found mission of bringing Christ wherever we go. While we might feel inadequate or ill-prepared, let us follow Mama Mary's instruction: "Do as He tells you."

*That we may be aware of our dependence on God in the midst of human achievements.

Reflection: THE biggest enemy of faith is pride. With the Filipino's motivation and industriousness, it is not unlikely that those who now work globally will achieve a lot. It is sad when in the midst of achievements that came as blessings from God, we forget about God - the Giver. Receiving God-given gifts should not lead us astray but even closer to Him - which is the way to receive more blessings for the next 500 year!"

*That we may be ready at death to enter the home of our heavenly Father. (R)

*That we may die at peace with Christ and our fellowmen. (R)

*That we may be comforted at the death of our dear ones by our hope in the risen Lord. (R)

*That our departed brothers and sisters quickly share in your Son's resurrection(R)

Novena Day 5

*That we may be filled with the Holy Spirit and become courageous witnesses of Christ's love for men. (R)

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Reflection: "WE intuitively know the extent to which Mama Mary is totally conformed to Christ. We also realistically know that as a people we are so simple, just like Mama Mary. We may not have spectacular levels of catechetical knowledge but our love and trust on Mama Mary is a guarantee that we are journeying towards oneness with Jesus as she is one with Him."

*That we may be meek and humble of heart like your Son, Jesus. (R)

*That we may fear losing God's friendship forever by unrepented sin. (R)

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*That we may be filled with the Holy Spirit and become courageous witnesses of Christ's love for men. (R)

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PRAYERS AFTER THE DAILY PETITIONS

Priest: Let us pray in silence for our own intentions (*pause*)

People: Holy Mary * help us in our needs * pray for all the people of God; * may all experience your perpetual help.

Priest: Lord, you gave us Mary to be our Mother ever ready to help us; grant us the grace to have recourse to her in all our needs. AMEN.

ACT OF CONSECRATION

People: Immaculate Virgin Mary * Mother of God and Mother of the Church * you are also our Mother of Perpetual Help. With our hearts full of love for you* we consecrate ourselves to your Immaculate Heart * so that we may be your devoted children. Obtain for us true sorrow for our sins * and fidelity to the promises of our Baptism.

We consecrate our minds and hearts to you * that we may always do the will of our heavenly Father. We consecrate our lives to you * that we may love God better * and live not for ourselves but for Christ your Son * and that we may see him and serve him in others.

By this humble act of consecration * dear Mother of Perpetual Help * we pledge to model our lives on you * the perfect Christian * so that consecrated to you in life and in death * we may belong to your Divine Son for all eternity. Amen.

RECESSIONAL HYMN

Mary Immaculate Star of the Morning

1. Mary Immaculate, star of the morning,
Chosen before the creation began,
Destined to bring, through the light of your dawning,
Conquest of Satan and rescue to man.

Refrain:

Bend from your throne at the voice of our crying,
Look to this earth where your footsteps have trod
Stretch out your arms, to us living and dying,
Mary Immaculate, Mother of God.

2. We sinners honour your sinless perfection;
Fallen and weak, for God's mercy we plead.
Grant us the shield of your mighty protection.
Measure your aid by the depth of our need. (Refrain)

