

Our Lady of Sorrows Healing Novena

September 15 - Day 1

Compassionate God, send your peace and your blessing upon us to sustain us. Everyday you show your care, for all of your creation.

You give each bird its food and you nourish the flowers of the field. Enable us, your special creatures, to recognize your loving presence whenever you reach out to us in your holy word, in your holy people and in the mystery of our lives.

When we are confronted by trials and tribulations, diseases and illnesses of any sort, we pray that you would bless all those whom you entrust with the ministry of healing -- doctors, nurses, lab workers, paramedics, chaplains.

Make our bodies, our minds and our spirits receptive to your divine healing that we may receive strength whenever we need to be strengthened and new life whenever we are failing.

And we ask this through Your Son, the Divine Healer, Amen.

September 16 - Day 2

Provident God, You have formed us in your image and likeness with a body that is both beautiful and precious, yet also fragile and vulnerable.

In the face of our imperfections and incompleteness, make us aware not only of what is wrong but also of what is right.

At times our health is not as good as it used to be, yet it could be a lot worse. Allow our eyes to see the beauty of your creation that we might appreciate the sunrise and sunset, all the magnificent colors and find your reflection of the earth in the faces of your people. Do not permit us to lose our sight, so that we might appreciate all your blessings.

Allow our ears to hear the sounds of life, to hear the singing of children, the quiet sound of rain and the voices of those so near to us. Do not let us wait to lose our hearing to value that which we hear.

Allow our hands to reach out to others and to help ourselves as well -- hands that can touch the beauty of creation and caress your precious children.

O Lord, our bodies, with all of their senses, are our sacred homes and the fragile temples of your presence.

Today, we are grateful because we are so wonderfully made.
Amen.

September 17- Day 3

Loving God, today we pray for all your people who are far worse off than we are, who suffer far more than we do, who are weaker than us, and for all those who don't have anyone to lean on for strength and courage.

We pray for them that you may watch over them. Give them strength according to their needs, and give them hope according to their affliction.

Their presence reminds us that we are not the only ones with problems -- that we might be grateful and thankful in so many ways.

Help us Dear Lord to form a vision that goes beyond our own self interest, to enable us to accept our own crosses, and remember your cross and the crosses that all people have to bear everyday. Amen.

September 18 - Day 4

Ever faithful God, we've turned our eyes and prayers to you so very often. There have been times when we've felt forgotten by you and wondered if you were still there to hear us.

Times when we've gotten so discouraged we've felt like giving up. Times when we were so broken the burdens almost seemed unbearable. Times when we were so angry we felt like crying. Times when we felt so helpless and so hopeless we didn't even want to try again.

We have hoped so many times and prayed in so many ways. O Lord, as you hear our cry and see our tears, we pray that you would give us peace of mind that comes from leaving things all up to you.

Help us to live one day at a time, to find new strength in you, to be grateful for all those who try to ease our pain and make us so ever comfortable.

Stay by our side, as we walk through dark valleys, so that your light may lead us into health and into life and we ask this in Jesus' name, Amen.

September 19 - Day 5

God, our Heavenly Father, we truly learn to appreciate the light only in the measure that we've been exposed to the darkness.

We truly learn to value what we have only to the degree that we have been affected by its loss.

Gradually and ever so slowly our illnesses have become our teachers. We feel a sense of urgency to live each day to the fullest because today is the time to flourish, to expand, to discover.

We have the need to do all those things we used to procrastinate about. We need to speak the words we've been afraid to say before.

In our illnesses we get in touch with the heart of life as people have become so important and as we realize that the smallest things in life are indeed the greatest.

Our disappointments have become a revelation and our silence has turned into worship of you. We thank you and we praise you today. Amen.

September 20 - Day 6

God, our Heavenly Father, You speak to us through this great and wondrous universe. Through the stars and the planets you remind us of your infinite power.

You speak to us through nature and the seasons of your creation, and in them everyday we see your glory.

You speak to us through history, through our ancestors as you have covenanted with them. That covenant was fulfilled in Jesus, Your Son, who now lives among us.

And you continue to speak through the people of today -- the young and the old, the sick, the frail and the healthy, the happy, as well as the lonely -- as each one is a reflection of you.

But most of all, our God, you speak to us through the pain and crisis as those are the experiences that change and shape us.

Enable us, O Lord, to assign meaning to our suffering by recognizing that they are teaching us something about life, something about you, something about us, and something about others.

Help us to understand that when we hurt, you hurt with us; when we cry, you cry with us; and when we hope, you hope with us. Remain with us always. Amen.

September 21 - Day 7

God, Father; Your Son, Jesus, blessed the sick, the suffering, the persecuted and those in mourning giving them the power to transform the world. You have chosen us to be a part of your creation. You love us not on the basis of age, nor education, nor accomplishment. You love us because we belong to you with all our frailties and with all our hopes.

Through our sickness and powerlessness, you invite us to turn to you as the center of all life.

Transform, O Lord, our weakness into blessing by enabling us to reach out and touch others who are too busy to care, to blind to see, to deaf to hear.

Make of us, O Lord, a wounded healer in your name and in your world by proclaiming the truth that it is more important to love than to complain, it is more important to trust than to fear, it is more important to believe than it is to be important. And we pray all of this in Jesus' name, Amen.

September 22 - Day 8

Gracious God, thank you for touching our life during our time of illness and pain and for deepening within us our understanding of your truth.

You have opened our eyes so that we can see the signs of your presence and healing. You have provided us with time to reflect upon ourselves, our past, our values, our problems and our goals.

Somehow a lot of things that, until yesterday, seemed to be important appear insignificant today, and we have learned to truly appreciate the single blessings of life.

Now that we can see the horizon again we feel ready for a new start and for a new day. Thank you, O Lord, for all the people you have sent to touch our lives. Who, through their words and gestures, have deepened our faith in you and restored serenity to us. And we ask this all in the name of Your Son who lives and reigns with you always, Amen.

September 23 - Day 9

O Lord, You never promised us to take away our darkness. You never promised us that you would take away the struggles of our everyday living. Father, You did promise us to be our light in times of darkness and to give us strength in times of need.

Help us not to be blind to your light nor blind to your presence. Give us strength during times of trials and tribulations, and keep us and our families always united in your name.

Give us the serenity to accept without bitterness all those things we cannot change. Give us the hope to see beyond ourselves that we may always accept your will and trust in your holy presence.

In your goodness you have given us our very lives. We entrust into your hands and into your gracious care those lives you have given to us and we pray all of this in Jesus' name, Amen.