



*Saint Thérèse of Lisieux*  
*"The Little Flower"*

January 2, 1873- September 30, 1897

**Novena Prayer Booklet**

**Little Flower Parish**

**Berkeley Heights, NJ**

## **What is a Novena?**

The word novena is taken from “novem,” the Latin word for nine. A novena is made up of nine days of prayer and meditation usually to ask God for special prayer requests or petitions. Novenas are often used to ask specific saints to pray for us.

Novenas are an ancient tradition that dates back to the days of the Apostles. Jesus told His disciples to pray together after His ascension into heaven, so they went to an upper room along with the Blessed Virgin Mary and joined constantly in prayer for nine days. These nine days of constant prayer by the Apostles at the direction of Jesus led up to Pentecost. This is when the Holy Spirit descended upon the disciples as “tongues of fire.” This pattern of 9 days of prayer is the basis of the novenas we pray today.

Thus, the novena is an imitation of the Lord’s command to the Apostles when they prayed for 9 days in anticipation of the coming of the Holy Spirit.

Whether communal or in private, novena prayers are always marked by a sense of urgency and focus. This is not just daily prayer, but purposeful attention to intense, heartfelt, and repeated prayer of petition. Novenas are prayed for something specific, by someone specific. Many novena prayers contain places for the petitioner to mention his or her need, to place it personally in the hands of Our Lord, Our Lady, or the saint invoked.

## **How do I pray a Novena?**

All you need to do is to say the daily prayers with a sincere heart. It is not necessary to pray at the same time every day (although you can), or to fast, or to pray the rosary in addition to novena; however, you can still do all of these things in addition to praying, but they are not required.

Jesus reminds us in the Gospel to be persistent in prayer and a novena is a great way to do that!

## **What if you miss a day of the Novena?**

If you miss a day, you can do one of a few things:

1. Say two of the daily prayers in one day
2. Say the prayers of the day you missed and be a day behind

It’s up to you, and whatever you choose to do is okay!

**First Day, September 22**

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**St. Thérèse, privileged Little Flower of Jesus and Mary, I approach you with childlike confidence and deep humility. I lay before you my desires, and beg that through your intercession they may be realized. Did you not promise to spend your heaven doing good upon earth? Grant me according to this promise the favors I am asking from you.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Confidence in God. We can never have too much confidence in the good God who is so powerful and so merciful. We obtain from Him as much as we hope for. If you are nothing, do you forget that Jesus is everything? You have only to lose your nothingness in His Infinity and think only of loving Him.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

## Second Day, September 23

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**O dear little Saint, now that you see the crucified Jesus in heaven, still bearing the wounds caused by sin, you know still more clearly than you did upon earth the value of souls, and the priceless worth of that Precious Blood which He shed to save them. As I am one of those children for whom Christ died, obtain for me all the graces I need in order to profit by that Precious Blood. Use your great power with our divine Lord and pray for me.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Sin. The only grace I ask, O Jesus, is never to offend Thee. By love and not by fear, does a soul avoid committing the least fault. Yes, even if I have on my conscience every possible crime, I should lose none of my confidence; my heart breaking with sorrow, I should go and throw myself into the arms of my Savior. The remembrance of my faults humbles me and makes me afraid to rely on my own strength, which is nothing but weakness.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

**Third Day, September 24**

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**Dear Little Flower, make all things lead me to heaven and God, Whether I look at the sun, the moon, the stars and the vast expanse in which they float, or whether I look at the flowers of the field, the trees of the forest, the beauties of the earth so full of color and so glorious, may they speak to me of the love and power of God; may they all sing His praises in my ear. Like you may I daily love Him more and more in return for His gifts. Teach me often to deny myself in my dealings with others, that I may offer to Jesus many little sacrifices.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *The Use of God's Gifts. How much benefit have I received from the beauties of nature, bestowed in such abundance. How they raise me to Him who placed such wonders in this land of exile which is only to last a day. O sparkling nature, if I did not see God in you, you would be naught but a great tomb. With your little hand which caresses Mary, You sustain the universe and bestow life; and You think of me, O Jesus my little King. I do not wish creatures to have one atom of my love. I wish to give all to Jesus, since He has shown me that He alone is perfect happiness.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

**Fourth Day, September 25**

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**Dear Little Flower of Carmel, bearing so patiently the disappointments and delays allowed by God, and preserving in the depths of your soul an unchanging peace because you sought only God's will, ask for me complete conformity to that adorable Will in all the trials and disappointments of life. If the favors I am asking during this Novena are pleasing to God, obtain them for me. If not, it is true I shall feel the refusal keenly, but I too wish only God's Will, and pray in the words you used, that His will "may ever be perfectly fulfilled in me."**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Abandonment to God. I fear only one thing---to keep my own will; take it, my God, for I choose all that You choose. The only happiness here below is to strive to be always content with what Jesus gives us. I can demand nothing with fervor, except the perfect accomplishment of God's will in my soul. O my Beloved, I offer myself to You, that You may perfectly accomplish in me Your holy designs, and I will not allow anything created to be an obstacle in their path.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

## Fifth Day, September 26

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**Little Flower of Jesus, from the very first moment of your religious life you thought only of denying yourself in all things so as to follow Jesus more perfectly; help me to bear patiently the trials of my daily life. Teach me to make use of the trials, the sufferings, the humiliations, that come my way, to learn to know myself better and to love God more.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Patience in Sufferings. I do not fear trials sent by Jesus, for even in the most bitter suffering we can see that it is His loving hand which causes it.*

*When we are expecting nothing but suffering, we are quite surprised at the least joy; but then suffering itself becomes the greatest of joys when we seek it as a precious treasure.*

*Far from resembling those beautiful saints who practiced all sorts of austerities from childhood, my penance consisted in breaking my self-will, in keeping back a sharp reply, in doing little kindnesses to those about me, but considering these deeds as nothing.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

**Sixth Day, September 27**

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**St. Thérèse, Patroness of the Missions, be a great missionary throughout the world to the end of time. Remind our Master of His own words, "The harvest is great, but the laborers are few." Your zeal for souls was so great, obtain a like zeal for those now working for souls, and beg God to multiply their numbers, that the millions to whom Jesus is yet unknown may be brought to know, love and follow Him.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Zeal for souls. Let us work together for the salvation of souls. We have only the day of this life to save souls and to give them to the Lord as proofs of our love.*

*I tell Jesus that I am glad not to be able to see, with the eyes of my soul, this beautiful heaven which awaits me, in order that He may vouchsafe to open it forever to poor unbelievers.*

*I cannot perform brilliant works; I cannot preach the Gospel or shed my blood. But what matter? My brothers work in place of me, and I a little child, keep very close to the royal throne. I love for those who are carrying on the warfare.*

*My deeds, my little sufferings, can make God loved all over the world.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**



## Seventh Day, September 28

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**O little martyr of Love, you know now even better than in the days of your pilgrimage that Love embraces all vocations; that it is Love alone which counts, which unites us perfectly to God and conforms our will with His. All you sought on earth was love; to love Jesus as He had never yet been loved. Use your power in heaven to make us love Him. If only we love Him we shall desire to make Him loved by others; we shall pray much for souls. We shall no longer fear death, for it will unite us to Him forever. Obtain for us the grace to do all for the love of God, to give Him pleasure, to love Him so well that He may be pleased with us as He was with you.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Love of God. I will love God alone and will not have the misfortune of attaching myself to creatures, now that my heart perceive what He has in store for those who love Him. What attracts me to the kingdom of Heaven is the call of our Lord, the hope of loving Him as I have so desired and the thought that I shall be able to make Him loved by a great number of souls who will bless Him forever.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

## **Eighth Day, September 29**

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**Dear St. Thérèse, like you I have to die one day. I beseech you, obtain from God, by reminding Him of your own precious death, that I may have a holy death, strengthened by the Sacraments of the Church, entirely resigned to the most holy Will of God, and burning with love for Him. May my last words on earth be, "My God. I love You."**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *Death. It says in the catechism that death is nothing but the separation of the soul and body. Well, I have no fear of a separation which will unite me forever with the good God.*

*I am happy to die because I shall be able to help souls who are dear to me, far more than I can here below.*

*Life is not sad; it is very joyous. If you say, "This exile is sad," I understand you. We are wrong to give the name "life" to something which will end; it is only to the things of Heaven that we should apply this beautiful name.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

## **Ninth Day, September 30**

**+In the name of the Father, and of the Son, and of the Holy Spirit.**

Come Holy Spirit and fill the hearts of the faithful, and kindle in them the fire of divine love.

V. Send forth Your Spirit and they shall be created.

**R. And You shall renew the face of the earth.**

**Let us pray:** O God, who have instructed the hearts of the faithful by the light of the Holy Spirit; grant that by the gift of the same Spirit, we may be ever truly wise and rejoice in His consolation, through Christ our Lord. Amen.

**Acts of Faith, Hope, and Love:** O my God! I believe in Thee: strengthen my faith. All my hopes are in Thee: do Thou secure them. I love Thee: teach me to love Thee daily more and more.

**The Act of Contrition:** O my God! I am heartily sorry for having offended You, and I detest all my sins, because I dread the loss of heaven and the pains of hell, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen.

**Dear Little St. Thérèse, by love and suffering while you were on earth, you won the power with God which you now enjoy in heaven. Since your life there began, you have showered down countless blessings on this poor world; you have been an instrument made use of by your divine Spouse to work countless miracles. I beg of you to remember all my wants. Sufferings must come to me also, may I use them to love God more, and follow my Jesus better. You are especially the little missionary of love. Make me love Jesus more, and all others for His sake. With all my heart I thank the most Holy Trinity for the wonderful blessings conferred on you, and upon the world through you.**

**Intercede for us all the days of our life, but especially during this Novena and obtain for us from God the graces and favors we ask through your intercession. Amen.**

*Pause for intentions.*

**Concluding Prayer:** O Lord, You have said: Unless you become as little children you shall not enter the kingdom of heaven; grant us, we beg You, so to follow, in humility and simplicity of heart, the footsteps of the Virgin blessed Thérèse, that we may attain to an everlasting reward. Amen.

**Thought for the day:** *The Mission of the Little Flower. I do not intend to remain inactive in Heaven. I want to work for the Church and for souls. I have asked this of God and I am certain that He will grant my request. I will spend my Heaven doing good upon earth. This is not impossible, since the angels though always enjoying the beatific vision, watch over us. No, I cannot be at rest until the end of the world. I beseech Thee, O Jesus, to cast Thy divine glance on a great number of little souls. I beg of Thee to choose in this world a legion of little victims, worthy of Thy Love.*

**+In the name of the Father, and of the Son, and of the Holy Spirit.**