

31 Days May Devotion with Mother Mary of Perpetual Help

Programme for the Monthly Prayer

1. 54 DAYS ROSARY NOVENA TO OUR LADY
2. Prayer to Mother of Perpetual Help
3. Say Psalms 35, 51
4. Read Breakfast with the Word
5. Song of thanksgiving
6. Go for confession
7. Forgive all that offended thee.
8. Send Your Mass Intentions

<i>DAY</i>								
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>
<i>J</i>	<i>L</i>	<i>S</i>	<i>G</i>	<i>J</i>	<i>L</i>	<i>S</i>	<i>G</i>	<i>J</i>
<i>DAY</i>								
<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>
<i>L</i>	<i>S</i>	<i>G</i>	<i>J</i>	<i>L</i>	<i>S</i>	<i>G</i>	<i>J</i>	<i>L</i>
<i>DAY</i>								
<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>
<i>S</i>	<i>G</i>	<i>J</i>	<i>L</i>	<i>S</i>	<i>G</i>	<i>J</i>	<i>L</i>	<i>S</i>

Charts for the 54 days Rosary Novena.

J = Joyful Mysteries

L = Luminous Mysteries

S = Sorrowful Mysteries

G = Glorious Mysteries

First Day

The Prayers (scroll down for day One)

1. Joyful Mysteries

Opening prayer

The first 27 days are in petition: Say

Hail, Queen of the Most Holy Rosary, my Mother Mary, hail! At thy feet I humbly kneel to offer thee a Crown of Roses, snow white buds to remind thee of thy joys, each bud recalling to thee a holy mystery, each 10 bound together with my petition for a particular grace. O Holy Queen, dispenser of God's graces, and Mother of all who invoke thee, thou canst not look upon my gift and fail to see its binding. As thou receivest my gift, so wilt thou receive my petition; from thy bounty thou wilt give me the favor I so earnestly and trustingly seek. I despair of nothing that I ask of thee. Show thyself my Mother!

The second 27 days are in thanksgiving:

Hail, Queen of the Most Holy Rosary, my Mother Mary, hail! At thy feet I gratefully kneel to offer thee a Crown of Roses, snow white buds to remind thee of thy joys, each bud recalling to thee a holy mystery; each ten bound together with my petition for a particular grace. O Holy Queen, Dispenser of God's graces. and Mother of all who invoke thee! thou canst not look upon my gift and fail to see its binding. As thou receivest my gift, so wilt thou receive my thanksgiving; from thy bounty thou hast given me the favor I so earnestly and trustingly sought. I despaired not of what I asked of thee, and thou hast truly shown thyself my Mother.

The Apostles' Creed, Our Father, 3 Hail Marys, Glory Be

2. During each mystery, there is a unique prayer after each decade:

First Mystery The Annunciation – Our Father, 10 Hail Marys, Glory Be.

***Concluding Prayer:** I bind these snow-white buds with a petition for the virtue of humility and humbly lay this bouquet at thy feet.*

Second Mystery: The Visitation – Our Father, 10 Hail Marys, Glory Be.

***Concluding Prayer:** I bind these snow-white buds with a petition for the virtue of charity and humbly lay this bouquet at thy feet.*

Third Mystery: The Nativity – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of detachment from the world and humbly lay this bouquet at thy feet.

Fourth The Presentation – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of purity and humbly lay this bouquet at thy feet.

Finding the Child Jesus in the Temple – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of obedience to the will of God and humbly lay this bouquet at thy feet.

Hail Holy Queen

Closing Prayer of the 54 Day Novena

In petition (first 27 days): *Sweet Mother Mary, I offer thee this spiritual communion to bind my bouquets in a wreath to place upon thy brow. O my Mother! Look with favor upon my gift, and in thy love obtain for me my request.*

In thanksgiving (last 27 days): *Sweet Mother Mary, I offer thee this Spiritual Communion to bind my bouquets in a wreath to place upon thy brow in thanksgiving for my request which thou in thy love has obtained for me.*

B. Prayer to Mother Mary of Perpetual Help

O Mary, Mother of Perpetual help, I salute thee with the filial devotion. I renew the consecration of myself, and all I have, to thee. I thank thee for thy maternal protection and for the many blessings that I have received through thy wondrous mercy and most powerful intercession. In all my necessities I have recourse to thee with unbounded confidence O Help of Christians, O Mother of Mercy. I beseech thee now to hear my prayer and to obtain for me of thy divine Son the favor that I request in this novena.

(Here mention your petition)

Obtain for me, also, dearest Mother of Perpetual Help, the grace that I may imitate thee and become more like to thee in the practice of the virtues of humility, purity, submission to the will of God, and charity. Be my protectress in life, guard and guide me in dangers, direct me in difficulties, lead me in the way of perfection, and assist me in the hour of my death, that I may come to Jesus, and with thee enjoy Him, bless Him, and love Him eternally in Heaven. AMEN.

Blessed forever be our God Who had made thee, O Mary, so powerful, so compassionate and so ready to help. What would become of us, poor sinners, without thee? With what face, after having so often deserved disgrace and punishment, could we go before our sovereign Judge, and ask of Him, not only pardon, but favors, and share in eternal glory? Blessed be thou too, O clement Queen, for having so often interposed between divine justice and me, thy most unworthy client, for having turned away God's anger from me, and for having obtained for me so many graces.

These graces are my desires for those I may and ought still to hope for from thy Perpetual Help. Hence for the time to come, whenever I feel more painfully the weight of my unworthiness, when all seems lost, and I am tempted even to despair, then especially, full of confidence, will I invoke thy blessed name. I will make my misery a claim on thy mercy. I will believe that if God lets me feel my weakness, it is to force me to cast myself into the arms of His mercy and upon thee, my sweet and only hope. Design to remember this resolution in my time of need, and grant that I may be faithful to it, till my last breath. And the Most Mother of Perpetual Help, grant that I may never cease to have recourse to thee. AMEN.

Recite 3 Hail Marys for the favor you seek to obtain.

Our Mother of Perpetual Help, pray for us.

Litany of Our Mother of Perpetual Help

*(For Private Devotion) * O Mary ever help us.*

LORD, have mercy on us.

Christ, have mercy on us.

LORD, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

GOD the Father of heaven, have mercy on us.

GOD the Son, Redeemer of the world, have mercy on us.

GOD the Holy Ghost, have mercy on us.

Holy Trinity, one GOD, have mercy on us.

Holy Mary, pray for us.

Holy Mother of GOD, pray for us.

Holy Virgin, conceived without sin, pray for us.

Our Mother of Perpetual Help, pray for us.

We sinners call to thee,

** O Mary, ever help us.*

That we may love GOD with our whole hearts. *

That we may be comfortable in all things to thy Divine Son, *

That we may have a tender and; heartfelt devotion to thee,

most holy Virgin. * That we may hate with all our strength sin; the only evil, *

That we may frequently remember our last end, *

That we may often and; worthily receive the Most Holy Sacrament, *

That we may avoid with all our strength proximate occasions of sin, *

That we may not neglect prayer a single day of our lives, *

That we may have recourse to prayer in the hour of temptation, *

That we may generously forgive our enemies, and; wish well to all men, *

That we may not defer our conversion from day to day, *

That we may zealously labor to overcome our bad habits. *

That we may live and; die in the grace of GOD, *

In all concerns of soul and; body, In sickness and; pain, *

In struggles against the inclinations of corrupt nature. *

In assaults of evil spirits, *

In temptations against the holy virtue of purity, *

In all danger of sinning, *

When we have reached the end of our earthly course. *

When lying on our death-bed, and; the thought of our approaching dissolution shall fill us with fear and; horror. *

When in the hour of final separation from all, evil spirits shall try to drive us to despair. *

When the priest of the Lord shall give us the last absolution and; blessing, *

When our relatives and; friends surround our bed, weeping and; praying for us, *

When our eyes grow dim and; our hearts cease to beat, *

When we breathe forth our spirit into the hands of our Creator, *

When our poor soul appears before our Divine Judge, *

When the terrible judgement is about to be passed, *

When suffering in the flames of purgatory, and; longing for the vision of GOD. *

Lamb of GOD, Who takes away the sins of the world: Spare us, O Lord.

Lamb of GOD, Who takes away the sins of the world: Graciously hear us, O Lord.

Lamb of GOD, Who takes away the sins of the world: Have mercy on us.

V. Pray for us, O Holy Mother of GOD.

R. That we may be made worthy of the promises of Christ. *

LET US PRAY:

O GOD, Who hast willed that the Mother of Thy only-begotten Son should be the perpetual help of Christians on earth, grant us the grace to call on her with confidence in all our necessities of

soul and body, so that, saved through her protection and assistance, we may be brought to the everlasting vision of Thy Glory in heaven: through JESUS CHRIST our Lord. AMEN.

Prayer for Ourselves

O Mother of Perpetual Help, with the greatest confidence I come before thy Sacred Picture in order to invoke thine aid. Thou hast seen the Wounds which JESUS has been pleased to receive for our sake; thou hast seen the Blood of thy Son flowing for our salvation; thou knowest how much thy Son desires to apply to us the fruits of His Redemption. Behold, I cast myself at thy feet, and; pray thee to obtain for my soul the grace I stand so much in need of. O Mary most loving of all mothers, obtain for me from the heart of JESUS, the grace

(Here mention your petition)

O Mother of Perpetual Help, thou desirest our salvation far more than we ourselves; thy Son has given thee to us for our Mother, thou hast thyself chosen to be called Mother of Perpetual Help. Show then that thou art really my Mother, show that thou art justly called Mother of Perpetual Help. I trust not in my merits, but in thy powerful intercession; I trust in thy goodness, I trust in thy motherly love. Mother of Perpetual Help, for the love thou bearest of JESUS thy Son and; my Redeemer, for the love of thy great servant Alphonsus, for the love of my soul, obtain for me the grace I ask from thee.

C. Say Psalms 35, 51

D. Read Breakfast with the Word

E. Song of thanksgiving

Day One

31 Days May Devotion with Mother Mary of Perpetual Help/ 54 days Rosary Novena to Our Lady.

THE JOYFUL MYSTERIES OF THE HOLY ROSARY

PRAYER BEFORE THE RECITATION :

Sign of the cross. Hail Mary.

IN PETITION (FIRST 27 DAYS): Hail, Queen of the Most Holy Rosary, my Mother Mary, hail! At thy feet I humbly kneel to offer thee a Crown of Roses, snow white buds to remind thee of thy joys, each bud recalling to thee a holy mystery, each 10 bound together with my petition for a particular grace. O Holy Queen, dispenser of God's graces, and Mother of all who invoke thee, thou canst not look upon my gift and fail to see its binding. As thou receivest my gift, so wilt thou receive my petition; from thy bounty thou wilt give me the favor I so earnestly and trustingly seek. I despair of nothing that I ask of thee. Show thyself my Mother!

Say: The Apostles' Creed, Our Father, 3 Hail Marys, Glory Be.

1. The Annunciation – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of HUMILITY and humbly lay this bouquet at thy feet.

2. The Visitation – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of CHARITY and humbly lay this bouquet at thy feet.

3. The Nativity – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of DETACHMENT FROM THE WORLD and humbly lay this bouquet at thy feet.

4. The Presentation – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of PURITY and humbly lay this bouquet at thy feet.

5. Finding the Child Jesus in the Temple – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these snow-white buds with a petition for the virtue of OBEDIENCE TO THE WILL OF GOD and humbly lay this bouquet at thy feet.

Say: The Hail Holy Queen.

SPIRITUAL COMMUNION PRAYER.

My Jesus, I believe that you are present in the Most Holy Sacrament.
I love you above all things and I desire to receive you in my soul.
Since I cannot at this moment receive you sacramentally,
Come at least spiritually into my heart.
I embrace you as if you were already there
And unite myself wholly to you.
Never permit me to be separated from you. Amen.

IN PETITION (FIRST 27 DAYS): Sweet Mother Mary, I offer thee this spiritual communion to bind my bouquets in a wreath to place upon thy brow. O my Mother! Look with favour upon my gift, and in thy love obtain for me (specify request). Hail Mary ...

B. Prayer to Mother Mary of Perpetual Help

O Mary, Mother of Perpetual help, I salute thee with filial devotion. I renew the consecration of myself, and all I have, to thee. I thank thee for thy maternal protection and for the many blessings that I have received through thy wondrous mercy and most powerful intercession. In all my necessities I have recourse to thee with unbounded confidence O Help of Christians, O Mother of Mercy. I beseech thee now to hear my prayer and to obtain for me of thy divine Son the favour that I request in this novena.

(Here mention your petition)

Obtain for me, also, dearest Mother of Perpetual Help, the grace that I may imitate thee and become more like to thee in the practice of the virtues of humility, purity, submission to the will of God, and charity. Be my protectress in life, guard and guide me in dangers, direct me in difficulties, lead me in the way of perfection, and assist me in the hour of my death, that I may come to Jesus, and with thee enjoy Him, bless Him, and love Him eternally in Heaven. AMEN.

Blessed forever be our God Who had made thee, O Mary, so powerful, so compassionate and so ready to help. What would become of us, poor sinners, without thee? With what face, after having so often deserved disgrace and punishment, could we go before our sovereign Judge, and ask of Him, not only pardon, but favours, and share in eternal glory? Blessed be thou too, O clement Queen, for having so often interposed between divine justice and me, thy most unworthy client, for having turned away God's anger from me, and for having obtained for me so many graces.

These graces are my desires for those I may and ought still to hope for from thy Perpetual Help. Hence for the time to come, whenever I feel more painfully the weight of my unworthiness, when all seems lost, and I am tempted even to despair, then especially, full of confidence, will I invoke thy blessed name. I will make my misery a claim on thy mercy. I will believe that if God lets me feel my weakness, it is to force me to cast myself into the arms of His mercy and upon thee, my sweet and only hope. Design to remember this resolution in my time of need, and grant that I may be faithful to it, till my last breath. And the Most Mother of Perpetual Help, grant that I may never cease to have recourse to thee. **AMEN.**

**Recite 3 Hail Marys for the favour you seek to obtain.
Our Mother of Perpetual Help, pray for us.**

Litany of Our Mother of Perpetual Help

* O Mary ever help us.
LORD, have mercy on us.
Christ, have mercy on us.
LORD, have mercy on us.
Christ, hear us.
Christ, graciously hear us.
GOD the Father of heaven, have mercy on us.
GOD the Son, Redeemer of the world, have mercy on us.
GOD the Holy Ghost, have mercy on us.
Holy Trinity, one GOD, have mercy on us.
Holy Mary, pray for us.
Holy Mother of GOD, pray for us.
Holy Virgin, conceived without sin, pray for us.
Our Mother of Perpetual Help, pray for us.
We sinners call to thee,

* O Mary, ever help us.

That we may love GOD with our whole hearts. *

That we may be comfortable in all things to thy Divine Son, *
That we may have a tender and; heartfelt devotion to thee,
most holy Virgin. * That we may hate with all our strength sin; the only evil, *
That we may frequently remember our last end, *
That we may often and; worthily receive the Most Holy Sacrament, *
That we may avoid with all our strength proximate occasions of sin, *
That we may not neglect prayer a single day of our lives, *
That we may have recourse to prayer in the hour of temptation, *
That we may generously forgive our enemies, and; wish well to all men, *
That we may not defer our conversion from day to day, *
That we may zealously labor to overcome our bad habits. *
That we may live and; die in the grace of GOD, *
In all concerns of soul and; body, In sickness and; pain, *
In struggles against the inclinations of corrupt nature. *
In assaults of evil spirits, *
In temptations against the holy virtue of purity, *
In all danger of sinning, *
When we have reached the end of our earthly course. *
When lying on our death-bed, and; the thought of our approaching dissolution shall fill us with
fear and; horror. *
When in the hour of final separation from all, evil spirits shall try to drive us to despair. *
When the priest of the Lord shall give us the last absolution and; blessing, *
When our relatives and; friends surround our bed, weeping and; praying for us, *
When our eyes grow dim and; our hearts cease to beat, *
When we breathe forth our spirit into the hands of our Creator, *
When our poor soul appears before our Divine Judge, *
When the terrible judgement is about to be passed, *
When suffering in the flames of purgatory, and; longing for the vision of GOD. *

Lamb of GOD, Who takes away the sins of the world: Spare us, O Lord.
Lamb of GOD, Who takes away the sins of the world: Graciously hear us, O Lord.
Lamb of GOD, Who takes away the sins of the world: Have mercy on us.

V. Pray for us, O Holy Mother of GOD.

R. That we may be made worthy of the promises of Christ.

LET US PRAY

O GOD, Who hast willed that the Mother of Thy only-begotten Son should be the perpetual help
of Christians on earth, grant us the grace to call on her with confidence in all our necessities of
soul and body, so that, saved through her protection and assistance, we may be brought to the
everlasting vision of Thy Glory in heaven: through JESUS CHRIST our Lord. AMEN.

Prayer for Ourselves

O Mother of Perpetual Help, with the greatest confidence I come before thy Sacred Picture in order to invoke thine aid. Thou hast seen the Wounds which JESUS has been pleased to receive for our sake; thou hast seen the Blood of thy Son flowing for our salvation; thou knowest how much thy Son desires to apply to us the fruits of His Redemption. Behold, I cast myself at thy feet, and; pray to obtain for my soul the grace I stand so much in need of. O Mary most loving of all mothers, obtain for me from the heart of JESUS, the grace

(Here mention your petition)

O Mother of Perpetual Help, thou desirest our salvation far more than we ourselves; thy Son has given thee to us for our Mother, thou hast thyself chosen to be called Mother of Perpetual Help. Show then that thou art really my Mother, show that thou art justly called Mother of Perpetual Help. I trust not in my merits, but in thy powerful intercession; I trust in thy goodness, I trust in thy motherly love. Mother of Perpetual Help, for the love thou bearest of JESUS thy Son and; my Redeemer, for the love of thy great servant Alphonsus, for the love of my soul, obtain for me the grace I ask from thee.

C. Say Psalms 35, 51

D. Read Breakfast with the Word

E. Song of thanksgiving

DAY TWO

THE LUMINOUS MYSTERIES OF THE HOLY ROSARY

PRAYER BEFORE THE RECITATION :

Sign of the Cross. Hail Mary...

IN PETITION (FIRST 27 DAYS) : Hail Queen of the Most Holy Rosary my Mother Mary, Hail! At thy feet I humbly kneel to offer thee a Crown of Roses bright yellow roses to remind thee of thy ministry of your son each rose recalling to thee a holy mystery; each ten bound together with my petition for a particular grace. O Holy Queen dispenser of God's graces and Mother of all who invoke thee! Thou canst not look upon my gift and fail to see its binding. As thou receive my gift, so wilt thou receive my petition; from thy bounty thou wilt give me the favour I so earnestly and trustingly seek. I despair of nothing that I ask of thee. Show thyself my Mother!

Say Apostles' Creed, Our Father... 3 Hail Mary... Glory be...

1. THE BAPTISM OF JESUS IN THE JORDAN RIVER

For each of the following Mysteries, say : Our Father... 10 Hail Mary.. Glory be...

Concluding Prayer : I bind these bright yellow roses with a petition for the virtue of OPENNESS TO THE HOLY SPIRIT and humbly lay this bouquet at your feet.

2. CHRIST SELF MANIFESTATION AT THE MARRIAGE OF CANA IN GALILEE.

Our Father.. 10 Hail Mary... Glory Be...

Concluding Prayer : I bind these bright yellow roses with a petition for the virtue of OBEDIENCE TO JESUS THROUGH MARY and humbly lay this bouquet at your feet.

3. THE PROCLAMATION OF THE KINGDOM OF GOD

Our Father... 10 Hail Mary... Glory BE...

I bind these bright yellow roses with a petition
for the virtue of REPENTANCE AND TRUST IN GOD and humbly lay this bouquet at your feet.

4. THE TRANSFIGURATION

Our Father... 10 Hail Mary... Glory Be...

Concluding Prayer : I bind these bright yellow roses with a petition
for the virtue of DESIRE FOR HOLINESS and humbly lay this bouquet at your feet.

5. INSTITUTION OF THE EUCHARIST

Our Father... 10 Hail Mary... Glory Be ...

Concluding Prayer : I bind these bright yellow roses with a petition
for the virtue of
ADORATION OF THE EUCHARIST and humbly lay this bouquet at your feet.

Say : Hail Holy Queen...

SPIRITUAL COMMUNION PRAYER

My Jesus I believe that You are present in the Most Holy Sacrament. I love You above all things and I desire to receive You in my soul. Since I cannot at this moment receive you sacramentally, Come at least spiritually into my heart. I embrace You as if You were already there. And unite myself wholly to You. Never permit me to be separated from you. Amen.

PRAYER IN PETITION(FIRST 27 DAYS)

Sweet Mother Mary, I offer thee this Spiritual Communion to bind my bouquets in a wreath to place upon thy brow. O my Mother! look with favour upon my gift, and in thy love obtain for me (specify request) Hail, Mary etc...

B. Prayer to Mother Mary of Perpetual Help

O Mary, Mother of Perpetual help, I salute thee with the filial devotion. I renew the consecration of myself, and all I have, to thee. I thank thee for thy maternal protection and for the many blessings that I have received through thy wondrous mercy and most powerful intercession. In all my necessities I have recourse to thee with unbounded confidence O Help of Christians, O Mother of Mercy. I beseech thee now to hear my prayer and to obtain for me of thy divine Son the favor that I request in this novena.

(Here mention your petition)

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Recite 3 Hail Marys for the favor you seek to obtain.

Our Mother of Perpetual Help, pray for us.

Litany of Our Mother of Perpetual Help

(For Private Devotion) * O Mary ever help us.

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most holy Virgin. * That we may hate with all our strength sin; the only evil, *
That we may frequently remember our last end, *
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That we may avoid with all our strength proximate occasions of sin, *
That we may not neglect prayer a single day of our lives, *
That we may have recourse to prayer in the hour of temptation, *
That we may generously forgive our enemies, and; wish well to all men, *
That we may not defer our conversion from day to day, *
That we may zealously labor to overcome our bad habits. *
That we may live and; die in the grace of GOD, *
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In struggles against the inclinations of corrupt nature. *
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When we have reached the end of our earthly course. *
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fear and; horror. *
When in the hour of final separation from all, evil spirits shall try to drive us to despair. *
When the priest of the Lord shall give us the last absolution and; blessing, *
When our relatives and; friends surround our bed, weeping and; praying for us, *
When our eyes grow dim and; our hearts cease to beat, *
When we breathe forth our spirit into the hands of our Creator, *
When our poor soul appears before our Divine Judge, *
When the terrible judgement is about to be passed, *
When suffering in the flames of purgatory, and; longing for the vision of GOD. *
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V. Pray for us, O Holy Mother of GOD.

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LET US PRAY:

O GOD, Who hast willed that the Mother of Thy only-begotten Son should be the perpetual help of Christians on earth, grant us the grace to call on her with confidence in all our necessities of soul and body, so that, saved through her protection and assistance, we may be brought to the everlasting vision of Thy Glory in heaven: through JESUS CHRIST our Lord. AMEN.

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O Mother of Perpetual Help, with the greatest confidence I come before thy Sacred Picture in order to invoke thine aid. Thou hast seen the Wounds which JESUS hast been pleased to receive for our sake; thou hast seen the Blood of thy Son flowing for our salvation; thou knowest how much thy Son desires to apply to us the fruits of His Redemption. Behold, I cast myself at thy feet, and; pray thee to obtain for my soul the grace I stand so much in need of. O Mary most loving of all mothers, obtain for me from the heart of JESUS, the grace

(Here mention your petition).

O Mother of Perpetual Help, thou desirest our salvation far more than we ourselves; thy Son has given thee to us for our Mother, thou hast thyself chosen to be called Mother of Perpetual Help. Show then that thou art really my Mother, show that thou art justly called Mother of Perpetual Help. I trust not in my merits, but in thy powerful intercession; I trust in thy goodness, I trust in thy motherly love. Mother of Perpetual Help, for the love thou bearest of JESUS thy Son and; my Redeemer, for the love of thy great servant Alphonsus, for the love of my soul, obtain for me the grace I ask from thee.

C. Say Psalms 35, 51

D. Read Breakfast with the Word

E. Song of thanksgiving

DAY THREE

THE SORROWFUL MYSTERIES OF THE HOLY ROSARY

PRAYER BEFORE THE RECITATION:

Sign of the cross. Hail Mary.

IN PETITION (FIRST 27 DAYS): Hail, Queen of the Most Holy Rosary, my Mother Mary, hail! At thy feet I humbly kneel to offer thee a Crown of Roses, blood red roses to remind thee of the passion of thy divine Son, with Whom thou didst so fully partake of its bitterness, each rose recalling to thee a holy mystery, each 10 bound together with my petition for a particular grace. O Holy Queen, dispenser of God's graces, and Mother of all who invoke thee! Thou canst not look upon my gift and fail to see its binding. As thou receivest my gift, so wilt thou receive my petition; from thy bounty thou wilt give me the favour I so earnestly and trustingly seek. I despair of nothing that I ask of thee. Show thyself my Mother!

Say: The Apostles' Creed, Our Father, 3 Hail Marys, Glory Be.

1. The Agony in the Garden – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these blood red roses with a petition for the virtue of RESIGNATION TO THE WILL OF GOD and humbly lay this bouquet at thy feet.

2. The Scourging at the Pillar – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these blood red roses with a petition for the virtue of MORTIFICATION and humbly lay this bouquet at thy feet.

3. The Crowning with Thorns – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these blood red roses with a petition for the virtue of HUMILITY and humbly lay this bouquet at thy feet.

4. The Carrying of the Cross – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these blood red roses with a petition for the virtue of PATIENCE IN ADVERSITY and humbly lay this bouquet at thy feet.

5. The Crucifixion – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these blood red roses with a petition for the virtue of LOVE OF OUR ENEMIES and humbly lay this bouquet at thy feet.

Say: THE HAIL HOLY QUEEN.

SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that you are present in the Most Holy Sacrament.
I love you above all things and I desire to receive you in my soul.
Since I cannot at this moment receive you sacramentally,
Come at least spiritually into my heart.
I embrace you as if you were already there
And unite myself wholly to you.
Never permit me to be separated from you. Amen.

IN PETITION (FIRST 27 DAYS): Sweet Mother Mary, I offer thee this spiritual communion to bind my bouquets in a wreath to place upon thy brow. O my Mother! Look with favour upon my gift, and in thy love obtain for me (specify request). Hail Mary ...

B. Prayer to Mother Mary of Perpetual Help

O Mary, Mother of Perpetual help, I salute thee with the filial devotion. I renew the consecration of myself, and all I have, to thee. I thank thee for thy maternal protection and for the many blessings that I have received through thy wondrous mercy and most powerful intercession. In all my necessities I have recourse to thee with unbounded confidence O Help of Christians, O Mother of Mercy. I beseech thee now to hear my prayer and to obtain for me of thy divine Son the favour that I request in this novena.

(Here mention your petition)

Obtain for me, also, dearest Mother of Perpetual Help, the grace that I may imitate thee and become more like to thee in the practice of the virtues of humility, purity, submission to the will of God, and charity. Be my protectress in life, guard and guide me in dangers, direct me in difficulties, lead me in the way of perfection, and assist me in the hour of my death, that I may come to Jesus, and with thee enjoy Him, bless Him, and love Him eternally in Heaven. AMEN. Blessed forever be our God Who had made thee, O Mary, so powerful, so compassionate and so ready to help. What would become of us, poor sinners, without thee? With what face, after having so often deserved disgrace and punishment, could we go before our sovereign Judge, and ask of Him, not only pardon, but favours, and share in eternal glory? Blessed be thou too, O clement Queen, for having so often interposed between divine justice and me, thy most unworthy client, for having turned away God's anger from me, and for having obtained for me so many graces.

These graces are my desires for those I may and ought still to hope for from thy Perpetual Help. Hence for the time to come, whenever I feel more painfully the weight of my unworthiness, when all seems lost, and I am tempted even to despair, then especially, full of confidence, will I invoke

thy blessed name. I will make my misery a claim on thy mercy. I will believe that if God lets me feel my weakness, it is to force me to cast myself into the arms of His mercy and upon thee, my sweet and only hope. Design to remember this resolution in my time of need, and grant that I may be faithful to it, till my last breath. And the Most Mother of Perpetual Help, grant that I may never cease to have recourse to thee. AMEN.

Recite 3 Hail Marys for the favour you seek to obtain.

Our Mother of Perpetual Help, pray for us.

Litany of Our Mother of Perpetual Help

(For Private Devotion) * O Mary ever help us.

LORD, have mercy on us.

Christ, have mercy on us.

LORD, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

GOD the Father of heaven, have mercy on us.

GOD the Son, Redeemer of the world, have mercy on us.

GOD the Holy Ghost, have mercy on us.

Holy Trinity, one GOD, have mercy on us.

Holy Mary, pray for us.

Holy Mother of GOD, pray for us.

Holy Virgin, conceived without sin, pray for us.

Our Mother of Perpetual Help, pray for us.

We sinners call to thee,

* O Mary, ever help us.

That we may love GOD with our whole hearts. *

That we may be comfortable in all things to thy Divine Son, *

That we may have a tender and; heartfelt devotion to thee,

most holy Virgin. * That we may hate with all our strength sin; the only evil, *

That we may frequently remember our last end, *

That we may often and; worthily receive the Most Holy Sacrament, *

That we may avoid with all our strength proximate occasions of sin, *

That we may not neglect prayer a single day of our lives, *

That we may have recourse to prayer in the hour of temptation, *

That we may generously forgive our enemies, and; wish well to all men, *

That we may not defer our conversion from day to day, *

That we may zealously labor to overcome our bad habits. *

That we may live and; die in the grace of GOD, *

In all concerns of soul and; body, In sickness and; pain, *

In struggles against the inclinations of corrupt nature. *

In assaults of evil spirits, *

In temptations against the holy virtue of purity, *
In all danger of sinning, *
When we have reached the end of our earthly course. *
When lying on our death-bed, and; the thought of our approaching dissolution shall fill us with fear and; horror. *
When in the hour of final separation from all, evil spirits shall try to drive us to despair. *
When the priest of the Lord shall give us the last absolution and; blessing, *
When our relatives and; friends surround our bed, weeping and; praying for us, *
When our eyes grow dim and; our hearts cease to beat, *
When we breathe forth our spirit into the hands of our Creator, *
When our poor soul appears before our Divine Judge, *
When the terrible judgement is about to be passed, *
When suffering in the flames of purgatory, and; longing for the vision of GOD. *
Lamb of GOD, Who takes away the sins of the world: Spare us, O Lord.
Lamb of GOD, Who takes away the sins of the world: Graciously hear us, O Lord.
Lamb of GOD, Who takes away the sins of the world: Have mercy on us.
V. Pray for us, O Holy Mother of GOD.
R. That we may be made worthy of the promises of Christ. *

LET US PRAY:

O GOD, Who hast willed that the Mother of Thy only-begotten Son should be the perpetual help of Christians on earth, grant us the grace to call on her with confidence in all our necessities of soul and body, so that, saved through her protection and assistance, we may be brought to the everlasting vision of Thy Glory in heaven: through JESUS CHRIST our Lord. AMEN.

Prayer for Ourselves

O Mother of Perpetual Help, with the greatest confidence I come before thy Sacred Picture in order to invoke thine aid. Thou hast seen the Wounds which JESUS hast been pleased to receive for our sake; thou hast seen the Blood of thy Son flowing for our salvation; thou knowest how much thy Son desires to apply to us the fruits of His Redemption. Behold, I cast myself at thy feet, and; pray thee to obtain for my soul the grace I stand so much in need of. O Mary most loving of all mothers, obtain for me from the heart of JESUS, the grace
(Here mention your petition)

O Mother of Perpetual Help, thou desirest our salvation far more than we ourselves; thy Son has given thee to us for our Mother, thou hast thyself chosen to be called Mother of Perpetual Help. Show then that thou art really my Mother, show that thou art justly called Mother of Perpetual Help. I trust not in my merits, but in thy powerful intercession; I trust in thy goodness, I trust in thy motherly love. Mother of Perpetual Help, for the love thou bearest of JESUS thy Son and; my Redeemer, for the love of thy great servant Alphonsus, for the love of my soul, obtain for me the grace I ask from thee.

C. Say Psalms 35, 51

D. Read Breakfast with the Word

E. Song of thanksgiving

DAY FOUR

THE GLORIOUS MYSTERIES OF THE HOLY ROSARY

PRAYER BEFORE THE RECITATION :

Sign of the cross. Hail Mary...

IN PETITION (FIRST 27 DAYS): Hail, Queen of the Most Holy Rosary, my Mother Mary, hail! At thy feet I humbly kneel to offer thee a Crown of Roses, full-blown white roses, tinged with the red of the passion, to remind thee of thy glories, fruits of the sufferings of thy Son and thee, each rose recalling to thee a holy mystery, each 10 bound together with my petition for a particular grace. O Holy Queen, dispenser of God's graces, and Mother of all who invoke thee! Thou canst not look upon my gift and fail to see its binding. As thou receivest my gift, so wilt thou receive my petition; from thy bounty thou wilt give me the favor I so earnestly and trustingly seek. I despair of nothing that I ask of thee. Show thyself my Mother!

Say: The Apostles' Creed, Our Father, 3 Hail Marys, Glory Be.

For each of the following Mysteries, say: Our Father, 10 Hail Marys, Glory Be.

1. THE RESURRECTION – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these full-blown roses with a petition for the virtue of FAITH and humbly lay this bouquet at thy feet.

2. THE ASCENSION – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these full-blown roses with a petition for the virtue of HOPE and humbly lay this bouquet at thy feet.

3. THE DESCENT OF THE HOLY SPIRIT – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these full-blown roses with a petition for the virtue of CHARITY and humbly lay this bouquet at thy feet.

4. THE ASSUMPTION OF MARY – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these full-blown roses with a petition for the virtue of UNION WITH CHRIST and humbly lay this bouquet at thy feet.

5. THE CORONATION OF THE BLESSED MOTHER – Our Father, 10 Hail Marys, Glory Be.

Concluding Prayer: I bind these full-blown roses with a petition for the virtue of UNION WITH THEE and humbly lay this bouquet at thy feet.

Say: The Hail Holy Queen.

SPIRITUAL COMMUNION PRAYER

My Jesus, I believe that you are present in the Most Holy Sacrament.
I love you above all things and I desire to receive you in my soul.
Since I cannot at this moment receive you sacramentally,
Come at least spiritually into my heart.
I embrace you as if you were already there
And unite myself wholly to you.
Never permit me to be separated from you. Amen.

IN PETITION (FIRST 27 DAYS): Sweet Mother Mary, I offer thee this spiritual communion to bind my bouquets in a wreath to place upon thy brow. O my Mother! Look with favour upon my gift, and in thy love obtain for me (specify request). Hail Mary ...

B. Prayer to Mother Mary of Perpetual Help

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(Here mention your petition)

Obtain for me, also, dearest Mother of Perpetual Help, the grace that I may imitate thee and become more like to thee in the practice of the virtues of humility, purity, submission to the will of God, and charity. Be my protectress in life, guard and guide me in dangers, direct me in difficulties, lead me in the way of perfection, and assist me in the hour of my death, that I may come to Jesus, and with thee enjoy Him, bless Him, and love Him eternally in Heaven. AMEN. Blessed forever be our God Who had made thee, O Mary, so powerful, so compassionate and so ready to help. What would become of us, poor sinners, without thee? With what face, after having so often deserved disgrace and punishment, could we go before our sovereign Judge, and ask of Him, not only pardon, but favors, and share in eternal glory? Blessed be thou too, O clement Queen, for having so often interposed between divine justice and me, thy most unworthy client, for having turned away God's anger from me, and for having obtained for me so many graces.

These graces are my desires for those I may and ought still to hope for from thy Perpetual Help. Hence for the time to come, whenever I feel more painfully the weight of my unworthiness, when

all seems lost, and I am tempted even to despair, then especially, full of confidence, will I invoke thy blessed name. I will make my misery a claim on thy mercy. I will believe that if God lets me feel my weakness, it is to force me to cast myself into the arms of His mercy and upon thee, my sweet and only hope. Design to remember this resolution in my time of need, and grant that I may be faithful to it, till my last breath. And the Most Mother of Perpetual Help, grant that I may never cease to have recourse to thee. AMEN.

Recite 3 Hail Marys for the favor you seek to obtain.

Our Mother of Perpetual Help, pray for us.

Litany of Our Mother of Perpetual Help

(For Private Devotion) * O Mary ever help us.

LORD, have mercy on us.

Christ, have mercy on us.

LORD, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

GOD the Father of heaven, have mercy on us.

GOD the Son, Redeemer of the world, have mercy on us.

GOD the Holy Ghost, have mercy on us.

Holy Trinity, one GOD, have mercy on us.

Holy Mary, pray for us.

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We sinners call to thee,

* O Mary, ever help us.

That we may love GOD with our whole hearts. *

That we may be comfortable in all things to thy Divine Son, *

That we may have a tender and; heartfelt devotion to thee,

most holy Virgin. * That we may hate with all our strength sin; the only evil, *

That we may frequently remember our last end, *

That we may often and; worthily receive the Most Holy Sacrament, *

That we may avoid with all our strength proximate occasions of sin, *

That we may not neglect prayer a single day of our lives, *

That we may have recourse to prayer in the hour of temptation, *

That we may generously forgive our enemies, and; wish well to all men, *

That we may not defer our conversion from day to day, *

That we may zealously labor to overcome our bad habits. *

That we may live and; die in the grace of GOD, *

In all concerns of soul and; body, In sickness and; pain, *

In struggles against the inclinations of corrupt nature. *

In assaults of evil spirits, *
In temptations against the holy virtue of purity, *
In all danger of sinning, *
When we have reached the end of our earthly course. *
When lying on our death-bed, and; the thought of our approaching dissolution shall fill us with fear and; horror. *
When in the hour of final separation from all, evil spirits shall try to drive us to despair. *
When the priest of the Lord shall give us the last absolution and; blessing, *
When our relatives and; friends surround our bed, weeping and; praying for us, *
When our eyes grow dim and; our hearts cease to beat, *
When we breathe forth our spirit into the hands of our Creator, *
When our poor soul appears before our Divine Judge, *
When the terrible judgement is about to be passed, *
When suffering in the flames of purgatory, and; longing for the vision of GOD. *
Lamb of GOD, Who takes away the sins of the world: Spare us, O Lord.
Lamb of GOD, Who takes away the sins of the world: Graciously hear us, O Lord.
Lamb of GOD, Who takes away the sins of the world: Have mercy on us.
V. Pray for us, O Holy Mother of GOD.
R. That we may be made worthy of the promises of Christ. *

LET US PRAY:

O GOD, Who hast willed that the Mother of Thy only-begotten Son should be the perpetual help of Christians on earth, grant us the grace to call on her with confidence in all our necessities of soul and body, so that, saved through her protection and assistance, we may be brought to the everlasting vision of Thy Glory in heaven: through JESUS CHRIST our Lord. AMEN.

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C. Say Psalms 35, 51

D. Read Breakfast with the Word

E. Song of thanksgiving