

Novena for Healing

Introduction

Dearly Beloved in Christ, life can be challenging and frightening. It also can be quite unpredictable and, at times, unfair. We face our vulnerability and brokenness of all kinds: physical, emotional, and spiritual. The Good News is God wants you healed. Even when you hit rock bottom and feel like you can go no further, there is always hope. Always remember that God made you, God loves you, God keeps you, and God wants you healed from all brokenness: physical, emotional, and spiritual.

The Holy Spirit inspired me on the Feast of Pentecost to put this Novena together. He led me to the structure, Scriptural passages, and the traditional Catholic prayers of healing, such as the prayer to St. Michael the Archangel, St. Padre Pio's prayer for healing, and that you find in this Novena. I pray that the Holy Spirit will pray through you, hear, and answer the intentions you are praying for in this Novena. God's promises are always true. As you pray this Novena, keep His promise in your heart: "*I have heard your prayer and seen your tears; I will heal you.*" (2 Kings 20:5). It is highly encouraged that you devote some time to fast and pray (as much as you can) during the nine days that you pray this Novena. This Novena prays like the Holy Rosary, except that instead of the "Hail Mary," you pray "*Lord Jesus, my Savior and Healer, I trust in You*" on the 10 beads.

STRUCTURE

- Sign of the Cross
- Act of Contrition

Oh my God, I am heartily sorry for having offended you. I detest all my sins because I dread the loss of Heaven and the pains of Hell. But most of all, because I offended you, oh 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

- Opening Prayer
- Our Father, Three Hail Mary, & Glory Be---
- Silence: Mention Intention & Pray the Our Father.....
- Prayer: "*Lord Jesus, my Savior and Healer, I trust in You*"
(10 Times & Glory be....)
- The Day's Mediation (After the third decade)
- Litany of Trust
- Concluding Prayer: St. Michael's & St. Padre Pio's
- Note: Receive the Sacrament of the Anointing of the Sick on Day 9 (If priest is available)

*For the Greater Glory of God & Honor of the Blessed Mother,
Composed by Fr. Richmond Dzekoe
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Opening Prayer

Lord, You invite all who are burdened to come to you. Allow Your healing Hand to heal me. Touch my soul with Your compassion for others; touch my heart with Your courage and infinite Love for all; touch my mind with Your Wisdom, and may my mouth always proclaim Your praise. Teach me to reach out to You in all my needs, and help me to lead others to You by my example. Most loving Heart of Jesus, bring me health in body and spirit that I may serve You with all my strength. Touch gently this life, which you have created, now and forever. Amen.

Day 1: Meditation

"Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness." (**Matthew 9:35**)

"Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven." (**James 5:14-15**)

Day 2: Meditation

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from Heaven and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place." (**2 Chronicles 7:14-15**)

"The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever." (**Psalms 23**)

Day 3: Meditation

"You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back." (**Isaiah 38:16-17**)

Day 4: Meditation

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (**Matthew 11:28-30**)

Day 5: Meditation

"Then they cried to the LORD in their trouble, and he saved them from their distress. He sent out his word and healed them; he rescued them from the grave. Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind." (**Psalms 107:19-21**)

Day 6: Meditation

"Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them." (**Matthew 4:23-24**)

Day 7: Meditation

"One Sabbath, when Jesus went to eat in the house of a prominent Pharisee, he was being carefully watched. There in front of him was a man suffering from abnormal swelling of his body. Jesus asked the Pharisees and experts in the law, "Is it lawful to heal on the Sabbath or not?" But they remained silent. So taking hold of the man, he healed him and sent him on his way. Then he asked them, "If one of you has a child or an ox that falls into a well on the Sabbath day, will you not immediately pull it out?" And they had nothing to say." (**Luke 14:1-6**)

Day 8: Meditation

"And a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God." (**Luke 13:11-13**)

Day 9: Meditation

"Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness...Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give." (**Matthew 10:1-8**)

Litany Of Trust

By Sr. Faustina Maria Pia, Sister of Life

From the belief that

I have to earn Your love

Deliver me, Jesus.

From the fear that I am unlovable

Deliver me, Jesus.

From the false security
that I have what it takes

Deliver me, Jesus.

From the fear that trusting You
will leave me more destitute

Deliver me, Jesus.

From all suspicion of
Your words and promises

Deliver me, Jesus.

From the rebellion against
childlike dependency on You

Deliver me, Jesus.

From refusals and reluctances
in accepting Your will

Deliver me, Jesus.

From anxiety about the future

Deliver me, Jesus.

From resentment or excessive
preoccupation with the past

Deliver me, Jesus.

From restless self-seeking
in the present moment

Deliver me, Jesus.

From disbelief in Your love
and presence

Deliver me, Jesus.

From the fear of being asked
to give more than I have

Deliver me, Jesus.

From the belief that my life
has no meaning or worth

Deliver me, Jesus.

From the fear of what love demands

Deliver me, Jesus.

From discouragement

Deliver me, Jesus.

That You are continually holding me
sustaining me, loving me

Jesus, I trust in you.

That Your love goes deeper than my
sins and failings, and transforms me

Jesus, I trust in you.

That not knowing what tomorrow
brings is an invitation to lean on You

Jesus, I trust in you.

That you are with me in my suffering

Jesus, I trust in you.

That my suffering, united to Your own,
will bear fruit in this life and the next

Jesus, I trust in you.

That You will not leave me orphan,
that You are present in Your Church

Jesus, I trust in you.

That Your plan is better
than anything else

Jesus, I trust in you.

That You always hear me and in
Your goodness always respond to me

Jesus, I trust in you.

That You give me the grace to accept
forgiveness and to forgive others

Jesus, I trust in you.

That You give me all the strength
I need for what is asked

Jesus, I trust in you.

That my life is a gift

Jesus, I trust in you.

That You will teach me to trust You

Jesus, I trust in you.

That You are my Lord and my God

Jesus, I trust in you.

That I am Your beloved one

Jesus, I trust in you.

Amen.

Concluding Prayer

Saint Michael the Archangel

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, thrust into hell Satan and all evil spirits who wander through the world for the ruin of souls. Amen

The Healing Prayer of St. Padre Pio

Heavenly Father, I thank You for loving me. I thank You for sending Your Son, our Lord Jesus Christ, to the world to save and to set me free. I trust in Your power and grace that sustain and restore me. Loving Father, touch me now with Your healing hands, for I believe that Your will is for me to be well in mind, body, soul and spirit. Cover me with the Most Precious Blood of Your Son, our Lord Jesus Christ, from the top of my head to the soles of my feet. Cast out anything that should not be in me. Root out any unhealthy and abnormal cells. Open any blocked arteries or veins and rebuild and replenish any damaged areas. Remove all inflammation and cleanse any infection by the power of Jesus' Precious Blood.

Let the fire of Your healing love pass through my entire body to heal and make new any diseased areas so that my body will function the way You created it to function. Touch also my mind and my emotion, even the deepest recesses of my heart. Saturate my entire being with Your presence, love, joy, and peace and draw me ever closer to You every moment of my life. And Father, fill me with Your Holy Spirit and empower me to do Your works so that my life will bring glory and honor to Your Holy Name. I ask this in the name of the Lord Jesus Christ. Amen.