

Novena of Thanksgiving

“I will bless the LORD at all times; His praise will always be on my lips.”

Psalms 34:1

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

- Holy Rosary (Mysteries of Light)
 - ⇒ Pray 1-3
 - ⇒ Meditation & Prayer for the Day
 - ⇒ Pray 4 & 5
 - ⇒ Hail Holy Queen
- Litany of Thanksgiving

Light

1. Baptism of Jesus
2. Wedding of Cana
3. The proclamation of the Kingdom of God
4. The Transfiguration
5. The institution of the Eucharist

Day One: Family and Friends

The good God gave me a father and mother more worthy of Heaven than of earth.” -St. Therese of Lisieux

Gracious God, thank you for my parents and family – the people you choose for me. Even though they are not always all I want them to be, they are Your gift. Help me to learn from them about You! I am grateful for the heritage of my life, the way You inserted me into Your human family. Amen!

Day Two: Life and Time

My life is but an instant, an hour that passes by; To love you, my dearest God, I only have today.”
– St. Therese of Lisieux

I am grateful to be alive, Lord. I’m breathing. Time passes quickly, and I forget that all life is gift from You who are breathing me into life moment by moment. Help me to be present in the sacrament of each moment – to where You are with me right now. I am grateful to you for every moment of life You give me. Amen!

Day Three: Dreaming Big

"My God, I choose all! I don't want to be a saint by halves... I choose all that You will!" -St. Therese of Lisieux
Generous God, I am grateful that I yearn for more – for the wholeness of life and connection with everything. Thank you for the restlessness that keeps me growing until I become more like You, Inclusive Love. I am grateful for everyone and everything you send my way. We rejoice that through Mary, You chose to make us Your Temple, the living Body of Your Christ. Amen!

Day Four: Unity & Peace

"My God, I choose all! I don't want to be a saint by halves... I choose all that You will!" -St. Therese of Lisieux
God our Father, with faith, we ask you for the divine gift of unity. Give us enough love and courage to seek to overcome disunity, whether it is friction in our families, tensions in our neighborhood, disagreements at work, in our parishes, or among different Christian Denominations and religious groups. Help us to enter into honest and respectful dialogue. Keep us from being indifferent. Soften our hearts. Open our ears. Help us to listen with close attention to the other person, sharing in the pain caused by their wounds. Help us to build bridges rather than walls. Make us instruments of your peace. We ask this in the Name of Jesus Christ, our Lord! Amen!

Day Five: The Challenge of Love

"...Jesus, who fashions people's souls skillfully, does not want us to stand about admiring the facade – he wants us to make our way in, till we reach the inner sanctuary which is His chosen dwelling and admire the beauty there."
-St. Therese of Lisieux

God of Mystery, gratitude does fill my heart, even as You challenge and confuse me. There are people in my life experience who challenge my tolerance and love. Sometimes I wish that I did not have to deal with them. But I know and am thankful that You believe enough in me to stretch and refine me. They open me up to the bigger picture of your unconditional and all-inclusive presence and love for you all your people. Help me not to judge on externals or my emotional reaction, even as I praise, honor and celebrate Your Gift of Presence in every one of Your children. Amen!

Day Six: Purpose in Life

"I understood that love comprises all vocations – that love is everything, and because it is eternal, embraces all times and places. My vocation is love. It is You, O my God, who has given it to me. In the heart of the Church, my Mother, I shall be love. Thus I shall be everything and my dream will be realized." -St. Therese of Lisieux

You put every one of us here for a purpose, Great God! Thank you for creating and sustaining me, and including me as a special and unique manifestation of Your Love in our world. I'm grateful to know that I have a purpose in the grand scheme of Your Kingdom. My gratitude is wrapped in humility that You allow me to make a special difference in the lives of others.

Day Seven: Trust Amid Suffering

“Our Lord never asks sacrifices from us beyond our strength. At times, it is true this Divine Savior makes us feel all the bitterness of the chalice that He is offering our soul. When He asks the sacrifice of all that is precious in this world, it is impossible, without a very special grace, not to cry out like Him in the garden of agony... It is very consoling to think that Jesus, the Strong God, knew our weaknesses.”

-St. Therese of Lisieux

Good God, the sufferings and struggles of life are a challenge to bear. Yet I am most grateful that You believe in my strength and ability to learn from them. Jesus knows our human weakness and fear – Your mercy embraces our struggles. I am so grateful that Your Merciful Heart knows and understands my weakness, rather than judges and frowns. Your awesome Presence carries me through the darkness. Thank you!

Day Eight: The Cycle of Life

“I have noticed in all the serious circumstances of my life that nature always reflected the image of my soul. On days filled with tears the heavens cried along with me; on days of joy the sun sent forth its joyful rays in profusion, and the blue skies were not obscured by a single cloud.”

-St. Therese of Lisieux

Thank you for the variety of seasons and moods in my life. Thank you for the love affair You have with me and the whole creation reflected in the changing seasons of sun, shadows, transformations, dormancy and renewed life; seasons of light, darkness, rain, heat, cold and warmth, worry and warmth. Thank you for the exchange and intimacy of life I so often take for granted.

Day Nine: Graced Reality

“Everything is grace!”

-St. Therese of Lisieux

Extravagant God, I am so thankful that we live in an enchanted world of grace. Your Presence and fingerprints are everywhere, even hidden. Thank you for giving me the faith to see and listen to all people, experiences, challenges and disappointments as ways You are refining and loving me. Thank you for every opportunity and experience of life which calls me closer and refines my love. Thank you for the grace of the struggle, which is hope. Thank you for the generous and abundant ways of love and presence. I especially thank you for Your Son Jesus who has connected us with you, and in whom we can say THANK YOU, ABBA! Help me to enjoy the family and friends I share your blessings with this day, and take care of those who do not have the blessings we enjoy. Amen!

Litany of Thanksgiving

Response: *Father, we give you thanks*

Father, you bless us with the gift of life.
You give us your Son as our Savior.
You teach us his word of life.
You make us your holy people.
You cleanse us from our sins.
You give us Mary as our mother and our model.
You invite us to love you by loving others.
You give us talents and gifts to use for your glory.
You help us to do good works for you.
You nourish us with the bread of life.
You give us the cup of salvation.
You have given us your Spirit..
You promise us the joys of heaven.
You call us to sing your praises for ever.

Concluding Prayer

Our Lord and God, You have given us all grace and life. We thank you for creating the world and for preserving it. We thank you for the regular return of day and night, and of the seasons, and for the dependability of nature and of time. We thank you for memory, which enables us to build on the experiences of the past; for imagination, which admits us to a wider world than we could otherwise know; and for foresight, by which we plan for the future. We thank you for your patience with us in our failings; for friends and family with whom we can celebrate our successes; and for those closest to us who support us in our times of need. We pray for Mother Church and our Parish, for people of different religions who are searching for you, and for the whole world. May we use every breath we take to witness to your love and adore you. We ask you this through Christ our Lord, Amen!