



Saint Elizabeth (Isabel) of Portugal was born in 1271 in Spain. She was a Spanish princess, born to the future king of Aragon. Not only did St. Elizabeth succeed in becoming a saint, so did her great-aunt: St. Elizabeth of Hungary, after whom St. Elizabeth of Portugal was named.

St. Elizabeth of Portugal was faithful to God from her youth. She was a sweet and lovely child. She was also beautiful. Her beauty was made even more significant by the beauty of her heart for God. She devoted herself to prayer and even practiced fasting as a young child.



She was married at a very young age, only 12 years old. St. Elizabeth was married to King Diniz (Denis) of Portugal. King

Denis was a hard worker and a good king and while their marriage began well enough, it quickly soured. King Denis loved Elizabeth, but he also loved other women. He was continually unfaithful to his wife. Not only did this cause Elizabeth much pain, but it also brought scandal on the kingdom. His affairs helped him to father seven children outside of the two that he and St. Elizabeth had together. Additionally, life in the palace was full of immorality as many in the kingdom followed the king's errant ways.

These trials only strengthened her regard for Her Savior. She never ceased to try to repair her family. At one point, she physically stood between her husband and their son, Alfonso, during the Civil War between 1322 and 1324. The Prince greatly resented the king, whom he accused of favoring the king's illegitimate son, Afonso Sanches. As legend holds, in 1323, Elizabeth, mounted on a mule, positioned herself between both opposing armies on the field of Alvalade in order to prevent combat. Peace returned in 1324, once the illegitimate son was sent into exile, and the Prince swore loyalty to the king. She ended a war between them.

She also prayed for her family and offered them a model of grace, patience, and piety. She attended Mass daily. Like her saintly great-aunt, she also cared deeply for the

needs of the poor and encouraged her attendants to do so as well. She often took bread and gave out to the poor in the city, even though she had been strictly forbidden by her husband. One day, he followed her trying to catch her in the act, and when he demanded to see what she had been carrying in her skirt, the bread had become roses! A miracle like this has also been associated with St. Elizabeth of Hungary!



Finally, St. Elizabeth's constant prayers for her family were answered. At one point, the King believed a lie told about Elizabeth and one of her pages by another page, who was jealous of his companion. In great anger the King ordered the page he believed guilty, to be sent to a lime-burner. The lime-burner was commanded to throw into his furnace the first page who came. The good page set out obediently, not knowing death was waiting for him. On his way he stopped for Mass, since he had the habit of going daily. The first Mass had begun, so he stayed for a second one. In the meantime, the King sent the wicked page to the lime-burner to find out if the other had been killed. And so it was this page who was thrown into the furnace! When the King learned what had happened, he realized that God had saved the good page, punished the liar, and proven Queen Elizabeth to be innocent. Her husband repented of his infidelity and lived a holy life until his death.



Following his death in 1325, St. Elizabeth became a

Third Order Franciscan, remaining a lay woman but following some of the order's practices. She remained in a convent that she helped to establish. She lived the rest of her life peacefully in prayer and devotion to God and the poor. She continued to act as the peacemaker in her family until she died in 1336. "The Queen of Goodness and Peace."

Given the miracles that occurred by her intercession following her passing, she was canonized in 1625. She is the patron saint of Third Order Franciscans, and we can also pray to her for help in Difficult Marriages and Peace in Families.

<https://www.praymorenovenas.com/st-elizabeth-of-portugal-novena>

[https://www.catholic.org/saints/saint.php?saint\\_id=116](https://www.catholic.org/saints/saint.php?saint_id=116)

## Praying the Chaplet of St. Elizabeth of Portugal

*This is modified from a novena, so each prayer can be said per day if you so choose.*

**Opening Prayer On The Crucifix:** O God, author of peace and lover of charity, who adorned Saint Elizabeth of Portugal with a marvelous grace for reconciling those in conflict, grant, through her intercession, that we may become peacemakers, and so be called children of God. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

**Day 1/Bead 1:** Please intercede on behalf of all married couples, St. Elizabeth. Affirm them in their vocation. Surround them with others who champion their marriage and give them worthy examples of true married love. May all who are wounding their spouses physically, spiritually, or emotionally turn from their ways and feel the love of God and their spouse. I pray that all married couples may achieve that goal of loving the other as God would want them to. May all married couples use their union to point to God! *Hail Mary...*

**Day 2/Bead 2:** St. Elizabeth, help me be more attentive to Mass. Inspire my heart to feel what my eyes cannot see. Encourage me even in my distractions to persevere, so that I may better know Our Lord through this Sacrament. Stir my heart to partake of this Sacrament even more, and to better understand it when I do! *Hail Mary...*

**Day 3/Bead 3:** St. Elizabeth, please pray for me. Ask God to allow me to return to my childlike faith. Help me to find wonder in creation and knowledge. Help me to trust that God always has my best interests at heart. Help me to love everyone and seek to help others. *Hail Mary...*

**Day 4/Bead 4:** I ask that you particularly watch over all those in authority, St. Elizabeth. Guide their decisions to reflect God's love. Give them discernment and wisdom to rule righteously and fairly over their people. Guard their hearts from corruption or evil, brought to them through various temptations from the devil. Especially watch over their conceit and pride in their power. Convict them in the belief that their power comes from God's blessings, not their own merits. Finally, commit their souls to God, to serving One greater than they. *Hail Mary...*

**Day 5/Bead 5:** Please guide all those who are actively discerning their vocation. Give them the grace to hear God's call. Please also inspire all those who are not discerning their vocation to actually do so. Finally, please guide me in my own vocation. Whether I have

determined my vocation or it is still an ongoing process, please affirm me in the choice. Open my heart to follow God's will, no matter where it leads me. *Hail Mary...*

**Day 6/Bead 6:** St. Elizabeth, help me become a Godly role model. Watch over my actions. Guide me towards the things that reflect God and not my own worldly faults. Help my actions to reflect, not my selfishness, but God's love. In all that I do, help me to give God glory. *Hail Mary...*

**Day 7/Bead 7:** St. Elizabeth, help me to let go of the fears that might keep me from helping the poor. Grant me the wisdom and courage to charge boldly into situations where I can help. Increase my understanding so that I can help fully where I can and pray for those situations I cannot change. In all I do, help my goal to always be serving. *Hail Mary...*

**Day 8/Bead 8:** St. Elizabeth, remind me strongly of my dignity as a human person. When I look in the mirror, show me how God sees me, not how I see myself. Surround me with people who affirm me in my appearance and remind me of my even greater worth and dignity for what is in my heart, mind, and soul. Please also always fill me with the courage to use my body in ways that glorify God and do not demean or diminish its (and my) worth. *Hail Mary...*

**Day 9/Bead 9:** St. Elizabeth, I find it hard to remember all the joy God has brought into my life when everything seems to be a struggle. Help me to cling to God's promises through all my struggles. Grant me the grace to love Him even when it's hard or when I have doubts. Pray me through my temptations to sin, so that one day I may have pleased God enough to become a saint for Him, just like you. *Hail Mary...*

**Closing Prayer on the Medal:** Heavenly Father, giver of every good gift, we thank You for the example of St. Elizabeth of Portugal. Despite many hardships and sufferings, she remained faithful to You in all things. Surrounded by the conflict and strife caused by others, she always sought to be a channel of Your peace. By the integrity of her life, her ceaseless charity and her holy example, she became an instrument of reconciliation and forgiveness. Through her powerful intercession we ask a share in the ministry of healing broken relationships, for "blessed are the peacemakers for they will be called the children of God." [Mt. 5:9] We ask this and all things through Jesus Christ, the Prince of Peace. **Amen.**

<https://www.catholicdoors.com/prayers/novenas/p03958.htm>