

The Novena for Difficult Times



The Novena for Difficult Times can be prayed for any difficult journey or moment in your life. You can pray this novena if you're struggling to find a job, if you're struggling to pay your bills, if there's tension and unrest within your family.

You can pray this novena if you're suffering with a chronic illness, with an acute disease or cancer. You can pray this novena if you feel lost or if you feel doubtful, or if you've recently lost a loved one or know someone nearing death.

You can really pray this novena for any reason because the saints always want to help bring you closer to God.

During this novena, we ask for the intercession of these saints:

Day One -- All the cloud of witnesses, the saints in Heaven

Day Two -- St. Matthew the Apostle and St. Nicholas

Day Three -- St. Joseph and St. Cajetan

Day Four -- St. Dymphna and Venerable Matt Talbot, and St. Frances de Chantal

Day Five -- St. Benedict Joseph Labre and St. Elizabeth of Hungary

Day Six -- St. Anne, Mary, Undoer of Knots, and St. Charbel

Day Seven -- St. Joseph

Day Eight -- St. John Paul II, St. Ignatius of Antioch, and St. Charles Borromeo

Day Nine -- St. Jude and St. Rita

May this novena bring you closer to God's loving embrace. May He help you through your difficult time, and may you will feel His presence in your life. You are not alone.

Day One

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. All you holy men and women, pray for us. Please especially pray for

mention your intentions here

Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Day Two

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy

Spirit, and guide me. St. Matthew the Apostle, patron of financial matters, pray for us. St. Nicholas, patron of money problems, pray for us. Please especially pray for

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Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Day Three

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. Joseph, you're one of the patrons of work, so we ask for your prayers today for all those who are unemployed or underemployed. Please ask our Father to provide a clear path to employment for all who are struggling right now. Pray for employers and businesses which are suffering. St. Cajetan, we ask for your prayers because you are the patron of those looking for a job. Please pray for those currently searching for work. Ask our Father to make a way for them. Please especially pray for

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Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Day Four

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. Dymphna, patron saint of mental health, pray for us. Please pray for our healing and for relief. Pray that we may feel God's loving presence in our lives. Venerable Matt Talbot, you're considered a great intercessor for those suffering with alcoholism. Pray for us and all who suffer with addictions. St. Frances de Chantal, you suffered with interior anguish, darkness and spiritual dryness throughout your life. Pray for us who suffer similarly now. Please especially pray for

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Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Day Five

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. Benedict Joseph Labre, patron of the homeless, pray for those who are suffering and are homeless right now, or who are at risk of becoming so. St. Elizabeth of Hungary, you lived a life of service to the poor and hungry. Pray for those who are suffering right now. Please especially pray for

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Day Six

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. Anne, we've seen Churches in your name lined with wheelchairs and canes from those who prayed for healing through your intercession, and were healed. Please pray for all who are suffering with illnesses right now. Pray for me. St. Charbel, you are known as a saint of miraculous healings. Pray for us. Mary, Undoer of Knots, please pray that the knot of this suffering in my life -- and in the lives of those I am praying with -- will be undone. Please especially pray for

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Day Seven

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. Joseph, patron saint of a happy and holy death,

please pray for those who are nearing death. Pray for those who have passed away. Please ask God to grant them all eternal rest. St. Elizabeth Ann Seton, patron saint of grief, please pray for all who are grieving the loss of a loved one. Pray for me. Please especially pray for

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Day Eight

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. John Paul II, I imagine it must have been hard to cling to your faith during trying times of your life, after losing your family members for one. Pray for us and all who struggle. St. Ignatius of Antioch, you were a martyr for the Faith. Pray that we may not turn away from Jesus while we struggle, but that we will move closer and closer to Him. St. Charles Borromeo, you were deeply affected by the death of your brother and you were determined to live a holier life after that loss. Pray for us as we try to do the same. You lived during the plague, and you know the challenges of living during a time like this. Pray for us. Please especially pray for

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Day Nine

In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Father in Heaven, thank You for the witness of the saints who show us how to live a faithful life despite its imperfections and pains. We seek their intercession now to help us through this difficult time. Only You know exactly what I need to get through this. Show me the way. Come, Holy Spirit, and guide me. St. Jude and St. Rita, you are both patrons of the impossible, pray for us. This difficulty I'm struggling with right now brings me to my knees. At times, this burden feels too heavy. Please pray that I will feel God's loving presence in my life each day. Please especially pray for

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Amen. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.