



Saint Thérèse of Lisieux “The Little Flower”

January 2, 1873- September 30, 1897

Novena Prayer Booklet
Little Flower Parish
Berkeley Heights, NJ



What is a Novena?

The word novena is taken from “novem,” the Latin word for nine. A novena is made up of nine days of prayer and meditation usually to ask God for special prayer requests or petitions. Novenas are often used to ask specific saints to pray for us.

For nine days, we celebrate by praying - like the Apostles with the Blessed Mother from the Ascension of Our Lord to Heaven, leading up to Pentecost - to gain special favors from the Holy Spirit. For the purpose of our spiritual journey, we continue our pilgrimage to the heart of the Father with St. Therese - the Little Flower - our patroness.

Whether communal or in private, novena prayers are always marked by a sense of urgency and focus. This is not just daily prayer, but purposeful attention to intense, heartfelt, and repeated prayer of petition.

How do we pray the Novena to St. Therese?

We have just consecrated ourselves to Jesus through Mary. Now, with active participation and celebration of the gifts that we hope to receive as a parish on October 1 - the Feast of St Therese, we pray together. For nine days, leading up to our feast day of our patroness, we journey and pray with a sincere heart the daily prayers in this booklet.

While on this prayerful journey, we need to be aware of the “little opportunities” to do God’s will: the little ways we can serve others, the little things we can do for each other to live out our Catholic faith. With openness to the love of God, we could hopefully notice and appreciate Jesus Christ, who is present, especially in the littlest things.

Jesus reminds us in the Gospel to be persistent in prayer and a novena is a great way to do that! Let us pray this Novena asking St Therese to help us be more like her in showing our love for Jesus and others in little ways in our everyday life.

Day 1 - September 22

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that "Holiness consists simply in doing God's will, and being just what God wants us to be". Help me to trust God's plan for me. Pray to God that He may increase my faith in His goodness and mercy as I ask for the following petitions...

*The parish intention for today is
for our those who are disconnected from our parish
(You can also add your own personal intention)*

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God's plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, you blessed St. Therese with a capacity for great love. Help me to believe in your unconditional love for each of your children, especially for me.

I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 2 - September 23

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that “true charity consists in bearing all our neighbor’s defects - not being surprised at their weakness, but edified at their smallest virtues”. Help me to learn to draw goodness from the smallest virtues of my brothers and sisters, and pray to God that He may increase my faith in His goodness and mercy as I ask for the following petitions...

The parish intention for today is for our homebound and sick parishioners
(You can also add your own personal intention)

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God’s plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, you loved St. Therese’s complete trust in your care. Help me to rely on your providential care in each circumstance of my life, especially the most difficult and stressful.

I trust you, Lord. Help me to trust you more!

I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 3 - September 24

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that *the world is our ship and not our home*. Help me in the journey to the heart of the Father. Pray to God that He may increase my faith in His goodness and mercy as I ask for the following petitions...

The parish intention for today is for our priests and deacon

(You can also add your own personal intention)

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God's plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, you gave St. Therese the ability to see You in the ordinary routine of each day. Help me to be aware of your presence in the everyday events of my life.

I see you, Lord. Help me to see you more!

I trust you, Lord. Help me to trust you more!

I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 4 - September 25

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you invited us to “remember that nothing is too small in the eyes of God...” and to do all things with love. Help me to appreciate the tiniest gifts that God places on my path everyday. Pray to God that He may increase my hope in His goodness and mercy as I ask for the following petitions...

The parish intention for today is for our youth and young adults
(You can also add your own personal intention)

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God’s plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, You taught St. Therese how to find You through the “little way” of humility and simplicity. Grant that I may never miss the grace hidden in humble service to others.

I am humble, Lord. Give me more humility!
I see you, Lord. Help me to see you more!

I trust you, Lord. Help me to trust you more!
I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 5 - September 26

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you invite us to “miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love”. Help me to find joy in my sufferings and meaning in my sacrifice. Pray to God that He may increase my hope in His goodness and mercy as I ask for the following petitions...

*The parish intention for today is
for those who are suffering for whatever reason
(You can also add your own personal intention)*

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God's plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, You gave St. Therese the gift of forgiving others even when she felt hurt and betrayed. Help me to be able to forgive others who have wounded me, especially...

I try to forgive, Lord. Help me to forgive 70 times 7 times!
I am humble, Lord. Give me more humility!
I see you, Lord. Help me to see you more!
I trust you, Lord. Help me to trust you more!
I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 6 - September 27

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that you “will seek out a means of getting to heaven by a little way”. Teach me the *little way* to get to the Father’s heart. Pray to God that He may increase my hope in His goodness and mercy as I ask for the following petitions...

The parish intention for today is for our ministries
(You can also add your own personal intention)

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God’s plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, St. Therese experienced every day as a gift from You. She saw it as a time to love You through other people. May I, too, see every day as an opportunity to say yes to You.

I accept your will, Lord. Help me to accept your will every day!

I try to forgive, Lord. Help me to forgive 70 times 7 times!

I am humble, Lord. Give me more humility!

I see you, Lord. Help me to see you more!

I trust you, Lord. Help me to trust you more!

I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 7 - September 28

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that you would spend your time in heaven doing good on earth. Your trust in God was complete. Pray that He may increase my love in His goodness and mercy as I ask for the following petitions...

The parish intention for today is for our staff
(You can also add your own personal intention)

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God's plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, St. Therese offered to You her weakness. Help me to see in my weakness an opportunity to rely completely on you.

I rely on you, Lord. Help me to rely on you more!
I accept your will, Lord. Help me to accept your will every day!
I try to forgive, Lord. Help me to forgive 70 times 7 times!
I am humble, Lord. Give me more humility!

I see you, Lord. Help me to see you more!
I trust you, Lord. Help me to trust you more!
I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 8 - September 29

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that “Our Lord’s love shines out just as much through a little soul who yields completely to His grace as it does through the greatest”. Help me to see my littleness as my way to God. Pray that He may increase my love in His goodness and mercy as I ask for the following petitions...

*The parish intention for today is for those who are served by our outreach ministries
(You can also add your own personal intention)*

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God’s plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, You loved St. Therese with a powerful love and made her a source of strength to those who had lost faith in You. Help me to pray with confidence for those in my life who do not believe they can be loved.

I reflect you to the world, Lord. Help me to reflect you more clearly!

I rely on you, Lord. Help me to rely on you more!

I accept your will, Lord. Help me to accept your will every day!

I try to forgive, Lord. Help me to forgive 70 times 7 times!

I am humble, Lord. Give me more humility!

I see you, Lord. Help me to see you more!

I trust you, Lord. Help me to trust you more!

I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

Day 9 - September 30

(Make the Sign of the Cross)

Dearest Saint Therese of Lisieux, you said that when you die, you will send down a shower of roses from the heavens and will spend your time in heaven doing good on earth. Pray that He may increase my love in His goodness and mercy as I ask for the following petitions...

*The parish intention for today is for our Berkeley Heights community
(You can also add your own personal intention)*

Pray for me that I, like you, may have great and innocent confidence in the loving promises of our God. Pray that I may live my life in union with God's plan for me, and one day see the Face of God whom you loved so deeply.

Saint Therese, you were faithful to God even unto the moment of your death. Pray for me that I may be faithful to our loving God. May my life bring peace and love to the world through faithful endurance in love for God our savior.

Our Father...

Loving God, St. Therese never doubted that her life had meaning. Help me to see how I can bless and love everyone in my life. Especially...

I love your people, Lord. Help me to love them more!

I reflect you to the world, Lord. Help me to reflect you more clearly!

I rely on you, Lord. Help me to rely on you more!

I accept your will, Lord. Help me to accept your will every day!

I try to forgive, Lord. Help me to forgive 70 times 7 times!

I am humble, Lord. Give me more humility!

I see you, Lord. Help me to see you more!

I trust you, Lord. Help me to trust you more!

I love you, Lord. Help me to love you more!

Glory be to the Father, to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

(Concluding Prayer)*

***CONCLUDING PRAYER**

O little Therese of the Child Jesus,
please pick for me
a rose from the Heavenly gardens
and send it to me as a message of love.

O little Flower of Jesus,
ask God today to grant the favors
I now place with confidence in your hands.

St. Therese,
help me to always believe like you did,
in God's great love for me,
so that I might imitate your "Little Way" each day.

Amen.

(Make the Sign of the Cross)