

St Francis De Sales Novena

Jan 17th-25th 2025

1. SIGN OF THE CROSS
2. NOVENA PRAYER

St Francis De Sales, who on earth did excel in a life of virtue, especially in the love of God and neighbor, I earnestly ask you to take me under your compassionate care and protection. Obtain for me conversion of mind and heart. Grant that all people, especially of St. Francis De Sales community may experience the depth of God's redeeming and healing love. Teach me to fix my eyes on the things of heaven; Help me, through the practice of virtue and the pursuit of devotion, to avoid anything that would otherwise cause me to stumble in my attempt to follow Christ and to be an instrument of the Holy Spirit. Encouraged by your prayers and example, help me to live fully my sacred dignity with the hope of experiencing the eternal life with God. Oh God, for the salvation of all, you desired that St. Francis De Sales, preacher, missionary, confessor, Bishop and Founder, should befriend many along the road to salvation. Mercifully grant that we, infused with the humility and gentleness of his charity, guided by his wisdom and sharing in his spirit may experience eternal life. We ask this through Christ Our Lord. Amen.

DAY 1: Friday, January 17th

Scripture Passage: Mk 8: 35-38

Meditation: There is no clock, no matter how good it may be, that doesn't need resetting and rewinding twice a day, once in the morning and once in the evening. In addition, at least once a year it must be taken apart to remove the dirt clogging it, straighten out bent parts and repair those worn out. In like manner, every morning and evening a person who really takes care of his heart must rewind it for God's service by means of certain practices of piety. At least once a year he must take it apart and examine every piece in detail; that is, every affection and passion, in order to repair whatever defects there may be. (Introduction to the Devout Life, Part 5, Ch. 1; O. III, p. 340).

1. How do I need to reset my spiritual life everyday?
2. How do I renew my practices of trying to be holy?

Prayer: O my God, I thank you and I praise you for accomplishing your holy and all-lovable will without any regard for mine. With my whole heart, in spite of my heart, do I receive this cross I feared so much! It is the cross of Your choice, the cross of Your love. I venerate it; nor for anything in the world would I wish that it had not come, since You willed it. I keep it with gratitude and with joy, as I do everything that comes from Your hand; and I shall strive to carry it without letting it drag, with all the respect and all the affection which Your works deserve. Amen.

DAY 2: Saturday, January 18th

Scripture passage: Lk 2: 25-28

Meditation: State openly that you desire to be holy. I do not say that you should assert that you are holy but that you desire to be holy. Do not be ashamed to practice the ordinary, necessary actions that bring us to the love of God. Acknowledge frankly that you are trying to meditate, that you would rather die than commit a mortal sin, that you are resolved to frequent the sacraments and to follow your director's advice. This

candid confession of our desire to serve God and to consecrate ourselves entirely to His love is most acceptable to His Divine Majesty. (Introduction to the Devout Life, V, Ch. 18; O. III, p. 365).

1. How do I choose to practice my Catholic life?
2. Do I have a longing to grow in my devotion and commitment to God? If so How?

Prayer: Dear Lord, I vow and consecrate to you all that is in me: my memory and my actions to God the Father; my understanding and my words to God the Son; my will and my thoughts to God the Holy Spirit. I consecrate my heart, my body, my tongue, my senses and all my sorrows to the sacred Humanity of Jesus Christ, who consented to be betrayed into the hands of wicked men and to suffer the torment of the Cross for me. Amen.

DAY 3: Sunday, January 19th

Scripture Passage: Acts 22:6-11

Meditation: I desire very little, and what I do desire I desire very little; I have hardly any desires, but if I were to begin my life all over again I would want to have none at all ... Ask for nothing, refuse nothing; we must simply abandon ourselves into the hands of Providence, without nourishing any other desire but to do whatever God wills. St. Paul practiced this act of absolute abandonment at the very moment of his conversion. When he was deprived of his sight, he immediately said, "Lord, what do you want me to do?" [cf. Act 22:10] From that moment on he put himself completely at God's disposal. All our perfection consists precisely in the practical application of this principle. (Spiritual Treatises XXI, O. VI, pp. 383-384).

1. In my life how am I spending time for God vs spending time in things of the world?
2. How committed am I to matters spiritual and the Church?

Prayer: My God, I give you this day. I offer you, now, all of the good that I shall do and I promise to accept, for love of you, all of the difficulties that I shall meet. Help me to conduct myself during this day in a manner pleasing to you. Amen.

DAY 4: Monday, January 20th

Scripture passage: Ex 32: 1-13

Meditation: Self-love dies only when our body dies, so we must, while we live in this land of exile, continue to counterattack its assaults on our senses and its underhanded tactics. It is enough if we firmly withstand, giving no willful or deliberate consent ... When we feel within ourselves the first movements of self-love or of other passions, let us prostrate ourselves immediately before the heart of God and tell Him, in a spirit of confidence and humility, "Lord, have mercy on me because I am a very weak creature." Then let us tranquilly rest in peace and put ourselves at God's disposal. (Letters 1675; O. XIX, pp. 272-273).

1. How do I show that I love God more than myself?
2. What am I doing to know I am doing God's will not my own?

Prayer: Confidence in God It is good to mistrust ourselves, but how would that advantage us were we not to throw all our confidence on God, and to wait on His mercy? If you feel no such confidence, cease not on that account from making these acts and from saying to Our Lord: "Yet, O Lord, though I have no feeling of confidence in You, nevertheless, I know that You are my God, that I am all Yours, and that I have no

hope but in Your goodness; so, I abandon myself entirely into Your Hands." It is always in our power to make these acts; although we have difficulty in performing them, still there is no impossibility. Thus we testify faithfulness to our Lord. Amen

DAY 5: Tuesday, January 21st

Scripture passage: James 1:16-20

Meditation: This poor life is only a journey to the happy life to come. We must not be angry with one another on the way, but rather we must march on as a band of brothers and sisters united in meekness, peace and love. I state absolutely and make no exception: do not be angry at all if that is possible. Do not accept any pretext whatever for opening your heart's door to anger. Saint James tells us positively and without reservation, " ... a man's anger does not fulfil God's justice." [Jas 1:20] (Introduction to the Devout Life, Part III, Ch. 8; O. III, p. 162)

1. How often do I let anger get the better part of me?
2. When I don't get things my way how can I turn away from anger towards God?

Prayer: One With Jesus If only I possessed the grace, good Jesus, to be utterly at one with you! Amidst all the variety of worldly things around me, Lord, the only thing I crave is unity with you. You are all my soul needs. Unite, dear friend of my heart, this unique little soul of mine to your perfect goodness. You are all mine; when shall I be yours? Lord Jesus, my beloved, be the magnet of my heart; clasp, press, unite me forever to your sacred heart. You have made me for yourself; make me one with you. Absorb this tiny drop of life into the ocean of goodness whence it came.

DAY 6: Wednesday, January 22nd

Scripture Passage John 21: 1-7

Meditation: Do not pay any attention to the kind of work you do, but rather to the honor that it brings to God, even though it may seem quite trivial. Desire only to do the Divine Will, following Divine Providence, which is the disposition of Divine Wisdom. In a word, if your works are pleasing to God and recognized as such, that is all that matters. Work hard every day at increasing your purity of heart, which consists in appraising things and weighing them in the balance of God's will. (Letters 280; O. XIII, p. 53).

1. How do I see God present in my life
2. What place do I allow God and His Will in my life? Why?

Prayer: Be at Peace Do not look forward in fear to the changes in life; rather, look to them with full hope that as they arise, God, whose very own you are, will lead you safely through all things; and when you cannot stand it, God will carry you in His arms. Do not fear what may happen tomorrow; the same understanding Father who cares for you today will take care of you then and every day. He will either shield you from suffering or will give you unfailing strength to bear it. Be at peace, and put aside all anxious thoughts and imaginations. Amen

DAY 7: Thursday, January 23rd

Scripture passage: Mk 12: 38-40

Meditation: Our intellect is ordinarily full of ideas, opinions and considerations suggested by self-love. This is the root of many conflicts within the soul, putting before us all sorts of reasons dictated by human prudence to justify our pretensions. People who make use of this false prudence, instead of enlightening their intellect, obscure it. They reject

advice given to them and let those reasons prevail in their minds which support their own opinions, even wrong ones. Make use of the virtue of prudence because it is good, but make good use of it. Employ it only rarely, with simplicity, and solely for the glory of God. (Sermons 30; O. IX, pp. 297-298).

1. In what way do I choose to put God before my own interests?
2. How can I be open to God and the needs of His Church (our parish)?

Prayer for Writers by St. Francis de Sales: Ah, sweet Jesus, my Lord, my Saviour, and my God, behold me here prostrate before your Majesty as I pledge and consecrate this writing to your glory. By your blessing give life to its words so that the souls for whom it has been written may receive from it the sacred inspirations I desire for them, in particular that of imploring your infinite mercy in my behalf to the end that while I point out to others the way of devotion in this world I myself may not be rejected and eternally condemned in the other, but that with them I may forever sing as a canticle of triumph words that with my whole heart I utter in witness of fidelity amid the hazards of this mortal life: LIVE, JESUS! LIVE, JESUS! Yes, Lord Jesus, live and reign in our hearts forever and ever. Amen.

DAY 8: Friday, January 24th

Scripture passage: Lk 23:39-43

Meditation: One of the greatest proofs of love that Jesus displayed on the cross was putting up with the imperfections of His neighbor. There He showed us that He has a heart that loves us tenderly and watches over us kindly. He even showed His love for those who put Him to death. In those dire moments the Savior expressed thoughts of love even for his executioners, pardoning them in the very act of sinning! How petty-minded we are when we cannot bring ourselves to forget some injury received, even after a long time! Whoever sincerely pardons another calls down abundant blessings and perfectly imitates Christ. (Spiritual Treatises IV; O. VI, pp. 65-66)

1. What is my attitude towards those who hurt me?
2. How can I ask for forgiveness when offended or do I wait for the other person to apologize first?

Prayer: I Am Yours Lord, I am Yours, and I must belong to no one but You. My soul is Yours, and must live only by You. My will is Yours, and must love only for You. I must love You as my first cause, since I am from You. I must love You as my end and rest, since I am for You. I must love You more than my own being, since my being subsists by You. I must love You more than myself, since I am all Yours and all in You. Amen.

DAY 9: Saturday, January 25th

Scripture passage: Lk 1:34-35

Meditation: Think for a moment of the piety of the Madonna when the angel told her that the Spirit would overshadow her. What sentiments of humility, confidence and courage! At the very moment when she understood that God had given her His heart, that is, His Son, she gave herself to God. Her soul was flooded with charity, so she could say with the sacred spouse, "...My heart trembled within me, and I grew faint when he spoke." [Sg:5:4] As far as we are concerned, we receive a similar grace in Communion, because not an angel but Jesus Christ Himself assures us that in it the Holy Spirit descends on us. Heavenly power covers us with its shadow and the Son of God really

comes to us. He can say that He is conceived and born in us. Truly then, the soul can respond with the Madonna, "I am the servant of the Lord; let it be done to me as you say." [Lk 1:38] (Spiritual Directory, Art. 12)

1. In my prayers how can I put God instead of just asking Him for what I want?
2. How I willing to sacrifice what I want for what God wants from me?

Prayer: To the Blessed Virgin Mary Say not, merciful Virgin, that you cannot help me; for your beloved Son has given you all power in heaven and on earth. Say not that you ought not assist me, for you are the mother of all the poor children of Adam, and mine in particular. Since then, merciful Virgin, you are my mother and you are all-powerful, what excuse can you offer if you do not lend your assistance? See. my mother, see, you are obliged to grant me what I ask, and to yield to my entreaties. Amen

LITANY TO ST. FRANCIS DE SALES:

Lord have mercy on us. Lord have mercy on us.

Christ have mercy on us. Christ have mercy on us.

Lord have mercy on us. Lord have mercy on us.

Christ hear us, Christ graciously hear us.

God the Father of heaven, Have Mercy on us.

God the Son, Redeemer of the world, Have Mercy on us.

God the Holy Spirit, Have Mercy on us.

Holy Trinity, one God, Have Mercy on us.

Holy Mary, Mother of God, Pray for us.

St. Francis, loved by God, Pray for us. St. Francis, lover of God, Pray for us.

St. Francis, imitator of Christ, Pray for us. St. Francis, lover of the Cross, Pray for us.

St. Francis, companion of the saints, Pray for us. St. Francis, imitator of the Apostles, Pray for us.

St. Francis, glory of confessors, Pray for us. St. Francis, light of the Church, Pray for us.

St. Francis, founder of Visitation, Pray for us. St. Francis, good shepherd, Pray for us.

St. Francis, teacher of the faith, Pray for us. St. Francis, patron of devotion, Pray for us.

St. Francis, distinguished preacher, Pray for us. St. Francis, great missionary, Pray for us.

St. Francis, gentle confessor, Pray for us. St. Francis, spiritual director, Pray for us.

St. Francis, patron of the deaf, Pray for us. St. Francis, patron of the press, Pray for us.

St. Francis, salt of the earth, Pray for us. St. Francis, model of humility, Pray for us.

St. Francis, model of gentleness, Pray for us. St. Francis, man of compassion, Pray for us.

St. Francis, courageous reformer, Pray for us. St. Francis, companion and guide, Pray for us.

St. Francis, lover of beauty, Pray for us.

Lamb of God, who takes away the sins of the world Spare us, O Lord.

Lamb of God, who takes away the sins of the world, Hear us, O Lord.

Lamb of God, who takes away the sins of the world, Have mercy on us, O Lord.

V. Pray for us, Blessed Francis of Sales.

R. That we may be made worthy of the promises of Christ.

Let Us Pray: Loving God, you gave St. Francis de Sales the spirit of compassion, enabling him to befriend many along the road to salvation. Through his inspiration and example, help us to embody your humble, gentle and passionate love in the service of our brothers and sisters. Grant this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, God, for ever and ever. Amen.