

# St. Dymphna Novena

## Day 1 (January 22)

### For Faith

O God, Source of our salvation, in the midst of a pagan people, Thou didst enlighten St. Dymphna by the light of the true faith, which she professed under the guidance of her holy confessor, Gerebran, with such constance that she suffered martyrdom. Through the intercession of these two saints, we beg Thee to strengthen the faith which Thou hast given us, so that by wisely subjecting our souls to Thy Supreme Authority, and by faithfully conforming our lives according to our faith, we may honor Thee with our whole heart and soul until the hour of our death. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

## Day 2 (January 23)

### For Hope

Almighty and infinitely good God, Thou hast promised eternal salvation to those who obey Thy commandments and make zealous use of Thy graces. Through the intercession of St. Dymphna, who fled from the danger of sin by leaving the palace of her father, and who, eager to gain eternal salvation, fled to Belgium to live in poverty, we beg Thee to grant that we also, who are striving for eternal happiness, may overcome all obstacles in the way of virtue and may attain eternal salvation. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

## Day 3 (January 24)

### For Charity

God of love, Thou art the most perfect Being, and Creator of all that is good and beautiful. Through the intercession of St. Dymphna, who in her youth loved Thee above all creatures and for Thy sake loved her neighbor as herself, as the image and likeness of Thee, as the price of the Blood of Jesus and as co-heir of heaven, be pleased to help us by Thy powerful grace, that we may faithfully fulfill the two great commandments of charity not only in word, but in action and in truth. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

## Day 4 (January 25)

### For Piety

God, Our Creator and Supreme Master, St. Dymphna served Thee with great zeal even in her childhood, by hearing Thy word with delight, by assisting at Holy Mass with fervent reverence, and by receiving Holy Communion from the hand of St. Gerebran with tender devotion. Through her intercession we beg Thee to grant us the same virtue of piety so that, having honored Thee during this life as our Creator, we may possess Thee hereafter as our final reward. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

### Day 5 (January 26)

#### **For Prudence**

O God, ruler of the universe, Thou didst allow St. Dymphna to discover a helpful means of avoiding the evil intentions of her father.

Through the merits of Thy holy servant, be pleased to grant that we may become, according to the words of Jesus, simple as doves and wise as serpents, so that through prudent advice and sound judgment we may recognize what we must do to achieve the great work of our salvation. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

### Day 6 (January 27)

#### **For Justice**

O God, source of eternal justice, Thou didst inspire St. Dymphna to flee from her country and her father in order to render to Thee that which was Thine. Through her intercession we beg Thee to make us seek after justice so that we may perform our duties toward Thee as we ought. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

### Day 7 (January 28)

#### **For Fortitude**

O God, rewarder of those who remain firm in their good resolutions, Thou gavest St. Dymphna such a love of virtue that she had the courage to suffer privation, persecution, and even martyrdom. Through her prayers we beg Thee to grant us fortitude that we may courageously and perseveringly overcome ourselves and finally conquer the enemy of our salvation. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

### Day 8 (January 29)

#### **For Temperance**

O God, You made St. Dymphna resplendent in the virtue of temperance so that she mastered worldly inclinations and used temporal goods prudently. With temperance she combined the beautiful virtues of modesty, docility and humility. Let us not forget that humility is called the foundation of all virtue because it banishes from the soul pride, the obstacle to grace. Through the intercession of St. Dymphna, we beg Thee to guide and direct us, so that being preserved from evil and nervous disorders, we may obey till death the commandments and counsels Thou hast given us. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)

### Day 9 (January 30)

#### **For Chastity**

O God, lover of innocent souls, Thou gavest St. Dymphna the virtue of angelic purity which made her reserved in all her actions, modest in her dress, attentive in her conversation, upright in her character, so that she even shed her blood to preserve this precious virtue. Through the intercession of St. Dymphna, we beg thee to bestow upon us the virtue of chastity that we may enjoy peace of conscience in this life and pure eternal joys of heaven hereafter. Through Jesus Christ our Lord. Amen.

(Pray the Our Father, Hail Mary, and Glory Be five times)<sup>2</sup>

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<sup>2</sup> Adapted from  
<https://www.praymorenovenas.com/st-dymphna-novena>