

# *Novena*

FOR THE SICK



TO SAINT  
JOSEMARIA  
ESCRIVA  
FOUNDER OF  
OPUS DEI



# Day 1

## GOD LOVES US

WE SHOULD ASK GOD FOR A CURE, OF COURSE. BUT WE SHOULD also accept God's will, whatever it may be, with faith and confidence. He is a loving and attentive Father who knows far better than we do what is for our own good.

During this novena, ask – through the intercession of St. Josemaria – that God's most holy Will be accomplished.

### WHAT IS A NOVENA?

A novena is a prayer repeated for nine consecutive days to ask God to grant a specific request or for help with a challenging situation. You can say the novena prayer by yourself or with others and you can include reading and reflection. Novenas can be prayed throughout the year and are often used in preparation for a feast day.

### EACH DAY OF THE NOVENA HAS TWO PARTS:

- I A SELECTION FROM ST. JOSEMARIA'S WRITINGS ON THE SICK
- II AN INTENTION BASED ON THOSE TEXTS.



**IT'S NECESSARY** to become convinced that God is close beside us all the time. We live as though the Lord were far away, in the starlit heavens, and we don't consider that he is always by our side.

And he is here like a loving Father – he loves each one of us more than all the mothers in the world can love their children – helping us, inspiring us, blessing... and forgiving... We need to be imbued, to be saturated with the knowledge that the Lord, who is close beside us and in heaven, is our Father and very much our Father.

*The Way, no. 267*

When it feels as if the Lord has given up on you, don't give way to sadness. Seek him with greater determination! He who is Love does not leave you on your own.

*The Forge, no. 250*

### INTENTION

Lord, grant me the grace to see with the clear light of faith that you are always at my side and that you are a loving Father who will never abandon me. You are Love, and you desire my good more than anyone in the world. Help me to have complete trust in you, the divine Physician, who can give peace to my soul and, if it is your holy Will, health to my body.

*Prayer to Saint Josemaria*

## PRAYER TO SAINT JOSEMARIA

O GOD, through the mediation of Mary our Mother, you granted your priest Saint Josemaria countless graces, choosing him as a most faithful instrument to found Opus Dei, a way of sanctification in daily work and in the fulfillment of the Christian's ordinary duties. Grant that I too may learn to turn all the circumstances and events of my life into occasions of loving you and serving the Church, the Pope and all souls with joy and simplicity, lighting up the pathways of this earth with faith and love.

Deign to grant me, through the intercession of Saint Josemaria, the favour of... *(make your request)*.

AMEN.

Our Father  
Hail Mary  
Glory be to the Father



## Day 2

### JESUS IS OUR FRIEND

**JESUS IS** your friend – The Friend – With a heart of flesh, like yours – With eyes, which look so lovingly, which wept for Lazarus – And as much as he loves Lazarus, he loves you.

*The Way, no. 422*

You seek the company of friends who, with their conversation and affection, with their friendship, make the exile of this world more bearable for you, although friends sometimes let one down. I don't think it's wrong to do that. But... how is it that you don't frequent daily with greater intensity the company, the conversation of the Great Friend, who never lets one down?

*The Way, no. 88*

With you, Jesus, what joy in suffering, what light in darkness!

*The Way, no. 229*

#### INTENTION

Jesus, give me the grace to feel the tenderness, consolation and joy of your friendship, recalling your words, "I have called you friends". May your friendship help me accept my sufferings and offer them to God, thinking of how lovingly you endured your Passion for me.

*Prayer to Saint Josemaria*

## Day 3

### GOD HEARS THE PRAYERS OF THE SICK

**WE MUST** have complete faith in the one who saves us, in this divine Doctor who was sent with the express purpose of curing us, and the more serious or hopeless our illness is the stronger our faith has to be.

*Friends of God, no. 193*

Repeat with a firm hope: Lord, see how ill I am. Lord, you died on the Cross for love of me, come and heal me. Be full of confidence, I insist. Keep on calling out to his most loving Heart. He will cure you, just as he cured the lepers we read about in the Gospel.

*The Forge, no. 213*

It is Jesus who speaks: "Amen I say to you: ask and you shall receive; seek and you shall find; knock and it shall be opened to you."

Pray. In what human venture could you have greater guarantees of success?

*The Way, no. 96*

#### INTENTION

Through the grace of the Holy Spirit, increase my faith each day in the power of prayer. Strengthen my confidence that you always heed the persistent and humble prayers of your children.

Lord, you always grant the graces we need for our holiness and salvation. Help me to trust that you will cure me if it is for my own good.

*Prayer to Saint Josemaria*

### PRAYER TO SAINT JOSEMARIA

**O GOD**, through the mediation of Mary our Mother, you granted your priest Saint Josemaria countless graces, choosing him as a most faithful instrument to found Opus Dei, a way of sanctification in daily work and in the fulfillment of the Christian's ordinary duties. Grant that I too may learn to turn all the circumstances and events of my life into occasions of loving you and serving the Church, the Pope and all souls with joy and simplicity, lighting up the pathways of this earth with faith and love.

Deign to grant me, through the intercession of Saint Josemaria, the favour of... *(make your request)*.

AMEN.

Our Father  
Hail Mary  
Glory be to the Father



## Day 4

### GOD HELPS US TO BE CHEERFUL

**SOMETIMES WE HEAR** love described as if it were a movement towards self-satisfaction, or merely a means of selfishly fulfilling one's own personality. And I have always told you that it isn't so. True love demands getting out of oneself, giving oneself. Genuine love brings joy in its wake, a joy that has its roots in the shape of the Cross.

*The Forge, no. 28*

Cheerfulness is a necessary consequence of our divine filiation, of knowing that our Father God loves us with a love of predilection, that he holds us up and helps us and forgives us.

Remember this always: even if it should seem at times that everything around you is collapsing, in fact nothing is collapsing at all, because God doesn't lose battles.

*The Forge, no. 332*

#### INTENTION

Dear God, grant me the grace of experiencing the wonder of the Christian joy you give us as one of the fruits of the Holy Spirit whenever we embrace pain, illness or difficulties with total abandonment in your fatherly arms. Help me understand that happiness is born of love, and that love becomes authentic, like gold in the furnace, through trials and the Cross.

*Prayer to Saint Josemaria*

## Day 5

### GOD BLESSES THOSE WHO ACCEPT HIS WILL

**ACCEPTING THE WILL** of God wholeheartedly is a sure way of finding joy and peace: happiness in the Cross. Then we realize that Christ's yoke is sweet and that his burden is not heavy.

*The Way, no. 758*

Jesus suffers to carry out the will of the Father. And you, who also want to carry out the most holy Will of God, following the steps of the Master, can you complain if you meet suffering on your way?

*The Way, no. 213*

Are things going against you? Are you going through a rough time? Say very slowly, as if relishing it, this powerful and manly prayer: "May the most just and most lovable Will of God be done, be fulfilled, be praised and eternally exalted above all things. Amen. Amen." I assure you that you will find peace.

*The Way, no. 691*

#### INTENTION

With the help of the Blessed Virgin Mary, may I learn how to embrace the Will of God with love. With Mary's same faith and love, let me say, "Be it done." And may I always bear in mind that God's Will is a caress from heaven bestowed for my own good – even if at times I don't perceive it. Therefore, the most perfect prayer I can say is, "Thy will be done on earth as it is in heaven."

*Prayer to Saint Josemaria*

### PRAYER TO SAINT JOSEMARIA

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Deign to grant me, through the intercession of Saint Josemaria, the favour of... *(make your request)*.

AMEN.

Our Father  
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Glory be to the Father



## Day 6

### JESUS TEACHES US TO TURN SUFFERING INTO LOVE

**THE WAY OF LOVE** is called Sacrifice.

*The Forge, no. 749*

When you are ill, offer up your sufferings with love, and they will turn into incense rising up in God's honour and making you holy.

*The Forge, no. 791*

See how lovingly he embraces the Cross. Learn from him. Jesus carries the Cross for you: you... carry it for Jesus.

But don't drag the Cross... Carry it squarely on your shoulder, because your cross, if you carry it like that, will not be just any cross: it will be... the Holy Cross. Don't carry your cross with resignation: resignation is not a generous word. Love the Cross. When you really love it, your cross will be... a Cross, without a cross.

*Holy Rosary, Fourth Sorrowful Mystery*

#### INTENTION

Lord, teach me to see pain and illness, not as a punishment but as a way of sharing in your Cross. I want to love the Cross as you loved it. Teach me to embrace it and offer it to God the Father without denial or complaint. Help me to keep praying to you with faith for the grace of a cure, always united to your most lovable Will.

*Prayer to Saint Josemaria*

## Day 7

### GOD HELPS US TO GIVE JOY TO OTHERS

**YOU MUST** make up your mind to follow the way of self-surrender: the Cross on your shoulders, with a smile on your lips and a light in your soul.

*The Way of the Cross, Second Station*

All the things that are now worrying you can be solved by making an effort to smile for love of God.

*Furrow, no. 89*

You should make sure that wherever you are there is that good humour – that cheerfulness – which is fruit of interior life.

*The Forge, no. 151*

Carefully avoid anything that can hurt other people's hearts.

*Furrow, no. 807*

I want you to be happy on earth. And you will not be happy if you don't lose that fear of suffering. For, as long as we are "wayfarers", it is precisely in suffering that our happiness lies.

*The Way, no. 217*

#### INTENTION

Lord, help me to overlook my own sufferings and turn my attention affectionately to the needs and concerns of others. Grant me good humour and make me pleasant and attentive to others, spreading optimism to family members, caregivers, friends, and all those who accompany me and help me.

*Prayer to Saint Josemaria*

### PRAYER TO SAINT JOSEMARIA

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Deign to grant me, through the intercession of Saint Josemaria, the favour of... *(make your request)*.

AMEN.

Our Father  
Hail Mary  
Glory be to the Father



## Day 8

### JESUS INVITES US TO WORK WITH HIM

**REMEMBER THIS** at the moment of sorrow or expiation: the Cross is the symbol of the redeeming Christ. It has ceased to be the symbol of evil, becoming instead the sign of victory.

*The Forge, no. 782*

Therefore, if it is God's will that we be struck by some affliction, take it as a sign that he considers us mature enough to be associated even more closely with his redeeming Cross.

*Friends of God, no. 124*

If you realise that those sufferings – physical or moral – mean purification and merit, bless them.

*The Way, no. 219*

Is it not true that as soon as you cease to be afraid of the Cross, of what people call the cross, when you set your will to accept the Will of God, then you find happiness, and all your worries, all your sufferings, physical or moral, pass away?

*The Way of the Cross, Second Station*

### INTENTION

Jesus, help me to be grateful for the cross you have sent me. May I see it as an act of your confidence in me and as an opportunity to purify and sanctify my soul. I want to embrace it as a way to collaborate with you in saving the world. Help me to accept suffering as a treasure to offer for the spiritual good of my family and friends, for the Church, for sinners who are far from God, for those who suffer and for all souls.

*Prayer to Saint Josemaria*

## Day 9

### MARY OUR MOTHER IS BY OUR SIDE

**TURN TO** the Blessed Virgin every day with complete confidence. Your soul and your life will be comforted at once. She will share with you the treasures she keeps in her heart, for “never was it known that anyone who sought her protection was left unaided.”

*Furrow, no. 768*

If I were a leper my mother would kiss me. She would kiss my wounds without fear or hesitation.

Well then, what would the Blessed Virgin Mary do? When we feel we are like lepers, all full of sores, we have to cry out: Mother! And the protection of our Mother will be like a kiss upon our wounds, which will then be healed.

*The Forge, no. 190*

### INTENTION

Grant me an ever-greater devotion to my Holy Mother Mary and give me unshakeable confidence in her maternal intercession. Help me see that the sure way to obtain the graces I am asking you for – from sanctifying my suffering to curing my illness – is to have recourse to Mary's mediation, especially through the devotions she most appreciates such as reciting the Holy Rosary each day.

*Prayer to Saint Josemaria*

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Deign to grant me, through the intercession of Saint Josemaria, the favour of... *(make your request)*.

AMEN.

Our Father  
Hail Mary  
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## WHO IS ST. JOSEMARIA ESCRIVA



St. Josemaria Escriva was born in Barbastro, Spain on January 9, 1902. He was ordained to the priesthood on March 28, 1925. By divine inspiration he founded Opus Dei on October 2, 1928. St. Josemaria died in Rome on June 26, 1975 after casting an affectionate glance at a picture of our Lady in the room where he worked. At the time of his death, Opus Dei had spread to six continents with over 60,000 members of 80 nationalities, serving the Church with the same spirit of complete union with the Pope and bishops in communion with the Holy See that St. Josemaria had always lived. St. John Paul II canonized the Founder of Opus Dei in Rome on October 6, 2002. His liturgical feast is celebrated on June 26.

The body of St. Josemaria rests in the Prelatic Church of Our Lady of Peace at Viale Bruno Buozzi 75, Rome.

## THE TEXT WITHIN

is based on a novena published in Brazil in 2006 by Rev. Francisco Faus.

*Authorization of the  
Ordinary of Montreal, N.P. 6/2013*

Those who obtain favours through the intercession of St. Josemaria are asked to notify the  
Prelature of Opus Dei in Canada:  
Office for the Causes of the Saints  
1380, avenue des Pins Ouest, Montréal, QC,  
H3G 1A8

Email: [ocs.ca@opusdei.org](mailto:ocs.ca@opusdei.org)

For additional information about  
St. Josemaria  
and the Prelature of Opus Dei, visit:

[www.josemariaescriva.info](http://www.josemariaescriva.info)

[www.opusdei.ca](http://www.opusdei.ca)

To read more of St. Josemaria's  
writings visit:

[www.escrivaworks.org](http://www.escrivaworks.org)

