

WHY DO WE PRAY A NOVENA?

A **novena** is a form of prayer said over **nine consecutive days** (or sometimes nine hours/weeks), and people pray it for a few key reasons—spiritual, historical, and practical.

1. It's rooted in Scripture

The idea comes from the Bible. After Jesus ascended into heaven, the apostles and Mary prayed together for nine days before the Holy Spirit came at Pentecost (Acts 1–2). That period of waiting and faithful prayer became the model for novenas.

2. It builds perseverance in prayer

A novena isn't just a one-time request—it's about **showing trust and persistence**. Praying over several days helps us stay focused and committed, rather than giving up quickly.

3. It creates space for spiritual growth

Over nine days, people often notice:

- deeper reflection on their situation
- more openness to God's will (not just their own request)
- a sense of peace or clarity

So it's not only about "*getting something,*" but also about being changed in the process.

4. It's often tied to specific intentions

People pray novenas for things like:

- guidance or decisions
- healing (physical or emotional)
- help in difficult situations
- preparation for a feast day (e.g., Christmas novena, Divine Mercy novena)

5. It connects you with tradition and community

Millions of Catholics (and some other Christians) pray novenas, often using the same prayers. That creates a sense of **shared faith across time and place.**

In short, a novena is about **intentional, sustained prayer**—less about repetition for its own sake, and more about **trust, patience, and openness to God.**