

NOVENA TO ST. BERNADETTE



Introduction to the Novena to St. Bernadette



This novena is designed to be reflective in nature and can be prayed individually or communally. Whether used in liturgical settings, parish gatherings, or with family members, the prayers and reflections offer a pathway to deepen our trust in God, find hope amidst suffering, and embrace the healing that Christ offers through His saints.

Through St. Bernadette's example, may we open our hearts to the grace and blessings that flow from God, trusting in His mercy and compassion.

The novena can be used as individual, group or communal preparation in advance of your visit to the relic of St. Bernadette in the cathedral of St. Colman and St. Patrick, Newry, St. Patrick's Cathedral, Armagh or St. Patrick's Church Dundalk.



Introductory Prayer

Dear Saint Bernadette,

Chosen by God as a channel of His graces and blessings, and through your humble obedience to the requests of our Blessed Mother, Mary, you gained for us the miraculous waters of spiritual and physical healing.

We implore you to listen to our prayers, that we may be healed of our imperfections.

Place our petitions in the hands of our Holy Mother, Mary, so that she may place them at the feet of her beloved Son, Our Lord and Savior Jesus Christ, that He may look on us with mercy and compassion: (*mention request here...*)

Help us, dear Saint Bernadette, to follow your example, so that irrespective of our own pain and suffering we may always be mindful of the needs of others, especially those whose sufferings are greater than ours.

As we await the mercy of God, remind us to offer up our pain and suffering for the conversion of sinners, and in reparation for the sins and blasphemies of mankind.

Pray for us, St Bernadette, that like you, we may always be obedient to the will of our Heavenly Father, and that through our prayers and humility we may bring consolation to the most Sacred Heart of Jesus and the Immaculate Heart of Mary that have been so grievously wounded by our sins.

Saint Bernadette of Lourdes, Pray for us.

Amen.

9 Day Novena Reflections

Day 1: Trust in God's Will

Theme: Trust in God's will, even when life seems overwhelming.

Reflection: St. Bernadette accepted her path in life, despite her suffering from poverty and ill health. Her humble beginnings and constant trust in God's will guided her through difficult times.

Reflection Questions:

- How can we trust God in moments of difficulty?
- What areas of your life do you find it hard to trust God in?

Concluding Prayer: Decade of the Rosary + Memorare.

Day 2: Hope Amidst Suffering

Theme: Hope that God can bring light into moments of suffering.

Reflection: St. Bernadette persevered despite continuous illness and social rejection. She found hope in her relationship with God and through the apparitions of Our Lady, who provided her with strength.

Reflection Questions:

- When have you experienced suffering?
- How has God been present for you in those moments?

Concluding Prayer: Decade of the Rosary + Memorare.

Day 3: Devotion to the Eucharist

Theme: Drawing strength from the Eucharist in difficult times.

Reflection: St. Bernadette had a deep love for the Eucharist. Even though she found her catechism classes difficult, she persevered and prepared herself wholeheartedly for her first Holy Communion, recognizing the grace that flows from Christ in the Eucharist.

Reflection Questions:

- How does the Eucharist nourish your soul?
- In what ways can you turn to Christ in the Eucharist for healing?

Concluding Prayer: Decade of the Rosary + Memorare.

9 Day Novena Reflections

Day 4: Devotion to Mary

Theme: Seeking Our Lady's intercession in moments of need.

Reflection: Even before her apparitions, St. Bernadette had a special devotion to the Rosary. She saw herself as a child of Mary and trusted in her maternal guidance throughout her life.

Reflection Questions:

- How can Mary's example guide you in your life?
- When have you experienced Mary's maternal care?

Concluding Prayer: Decade of the Rosary + Memorare.

Day 5: Facing Doubt and Disbelief

Theme: Remaining faithful in the face of doubt or disbelief.

Reflection: St. Bernadette faced ridicule and disbelief from her own family and townspeople when she shared her visions. Despite these challenges, she remained calm and trusted in God's plan.

Reflection Questions:

- How do you react when others doubt your faith?
- In what ways can you strengthen your faith when faced with disbelief?

Concluding Prayer: Decade of the Rosary + Memorare.

Day 6: Offering Up Suffering for Others

Theme: Offering your own struggles for the good of others.

Reflection: St. Bernadette understood the value of offering her suffering for the conversion of sinners, embracing her illness as part of her spiritual mission.

Reflection Questions:

- How can you offer your own pain and suffering for the conversion of others?
- What challenges in your life can you unite with Christ's suffering?

Concluding Prayer: Decade of the Rosary + Memorare.

9 Day Novena Reflections

Day 7: Obedience to God's Will

Theme: Obeying God's will, even when it seems strange or difficult.

Reflection: St. Bernadette's obedience to Mary's requests, even when misunderstood by others, led to the creation of a healing spring that continues to bring grace to pilgrims today.

Reflection Questions:

- When have you been called to do something difficult for God?
- How can you cultivate a spirit of obedience to God's will?

Concluding Prayer: Decade of the Rosary + Memorare.

Day 8: Speaking the Truth

Theme: Courage in speaking the truth, even under pressure.

Reflection: Even when interrogated by church officials and others about her visions, St. Bernadette remained firm in her recounting of the truth, always keeping her answers simple and faithful.

Reflection Questions:

- How do you stay true to your faith when questioned?
- In what ways can you share the truth of your faith with others?

Concluding Prayer: Decade of the Rosary + Memorare.

Day 9: Humility

Theme: Embracing humility in all things.

Reflection: St. Bernadette's life was marked by profound humility. Even after the apparitions brought her fame, she referred to herself as a simple servant of God, always pointing to His glory rather than her own.

Reflection Questions:

- How can you cultivate humility in your daily life?
- In what ways can you follow St. Bernadette's example of humble service?

Concluding Prayer: Decade of the Rosary + Memorare.

Concluding Prayer

After quiet meditation on the theme and reflection for the day. You are asked to consider and further reflect on the questions provided in this novena guide.

When you have concluded your period of reflection you are asked to:

- Pray one decade of the Rosary.
- Pray the Memorare

Memorare:

Remember, O most gracious Virgin Mary,
That never was it known that anyone who fled to thy
protection, implored thy help, or sought thine intercession
was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins,
my mother; to thee do I come, before thee I stand, sinful and
sorrowful.

O Mother of the Word Incarnate, despise not my petitions,
but in thy mercy hear and answer me.

Amen.

O Mary conceived without sin,
pray for us who have recourse to Thee.

(Repeat three times)