

**NOVENA TO OUR HOLY FATHER
ST. JOHN OF THE CROSS**



Prayer for Every Day of the Novena

O glorious St. John of the Cross, great Doctor of the Church, who, from very longing to be configured to Jesus crucified, didst desire nothing more ardently, even to the last moment of thy holy life, than to suffer and to be despised and rejected of all men; and so great was thy thirst for suffering, that thy generous heart was filled with joy in the midst of most painful torments and afflictions; I beseech thee, dear Saint, by the glory thou didst merit by thy manifold sufferings, intercede for me with almighty God and obtain for me love of suffering, together with grace and strength to endure all tribulations and adversities with dauntless courage; for these are the sure means of coming into the possession of that crown of glory which is prepared for me in heaven. Ah yes, dear Saint, from that high and glorious throne where thou sittest triumphant, hear, I beseech thee, my earnest entreaties, that, following thee, I may become a lover of the cross and of suffering and thus may merit to be thy companion in glory. Amen.

First Day: Consideration

To live and to suffer is one and the same thing. Everything consists in knowing how to suffer as a Christian – precious knowledge acquired

acquired beside Mary at the foot of the cross of Jesus! Above all others, this was the science of our holy Father St. John of the Cross.

Prayer

My glorious Father, St. John of the Cross, overflowing with tender love for Mary and for the cross of her Divine Son, by which thou hast merited to become the special protector of afflicted souls, obtain for me, from Jesus and Mary, I beseech thee, an unwavering faith, a love of the cross so deep and so valiant that no possible misfortune will ever be able to separate me from the love of my God. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation. (*Here make your request.*)

Second Day: Consideration

The great saints are marked by two special virtues – purity of heart and the spirit of penance. Nor does the possession of the first dispense from the second. All the saints, and particularly our holy Father St. John of the Cross, teach that without the constant practice of penance, true purity of soul is impossible.

Prayer

Glorious St. John of the Cross, who whilst preserving unto death in unspotted brilliancy the radiant whiteness of thy baptismal innocence, didst nevertheless practice the most cruel and persevering penance, in honor and imitation of this crucifying love of thine, I entreat thee, that I may share thy mortified and penitential life, so that even in this world I may atone for my many sins, purify my soul, and acquire merit that I may also be crowned with thee in glory. Obtain for me also, the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation. (2)

Third Day: Consideration

A relish for spiritual things – God, heaven, the soul – is characteristic of interior souls. Our Father, St. John of the Cross, possessed this taste in an eminent degree by his admirable spirit of prayer and meditation.

Prayer

O my beloved Father St. John of the Cross, whose continual prayer merited for thee the name of Ecstatic Doctor, favored also with special graces in the guidance and direction of souls, I humbly beseech thee to enlighten mine, and to give me a relish for holy meditation, that detached from earthly things, I may love God alone, and desire heaven only. Obtain for me also, the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation.

Fourth Day: Consideration

Every Christian is called to do good to those about him, and zeal is one of the most certain marks of genuine piety, but zeal is only rendered fruitful by humble patience. Is this the character of your zeal?

Prayer

Great St. John of the Cross, model of patience and heroic generosity, who, for the glory of God and for the propagation of the Holy Reform of Carmel, endured so many trials, and undertook such heavy labors, finding, as did St. Paul, thy joy in opprobrium, obtain from our Lord for me the grace of unalterable patience in adversity, that I may thereby glorify God, cleanse my soul of every stain, advance in the practice of solid virtue and obtain at last the crown promised to those who suffer for the love of God. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation. (3)

Fifth Day: Consideration

Few souls realize, because of the want of a lively faith, the terrifying malice of the devil against those who give themselves resolutely to God. Hence their troubles and even their falls. It was by constant vigilance that the saint escaped the snares of the evil one. Be on your guard against his wiles and live more closely united to your God.

Prayer

Dear St. John of the Cross, who exercised such dominion over the powers of hell, often obliging them to relinquish the souls and the bodies of their victims, have compassion on me; preserve me from the temptations and deceits of these wicked spirits, not only throughout my life, but above all at the hour of my death, that persevering to the end in the grace and love of God, I may possess Him with thee forever. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation.

Sixth Day: Consideration

Of the evangelical virtues, one of the most excellent is holy chastity and not only is the contrary vice the cause of damnation to souls, and of disgrace to families, but it draws down the severe wrath of God upon society. Do you love this beautiful virtue as it should be loved by a soul aiming at perfection?

Prayer

Great St. John of the Cross, favored by our Lord and the glorious Virgin, His Mother, in reward for thy angelic life, with the precious gift of chastity, which enabled thee to convert so many souls held

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captive by the most shameful passions, obtain for me some share in so priceless a gift, that pure and chaste in soul and body I may reach heaven, where nothing stained may enter, where choirs of virgins follow the Lamb whithersoever He goeth. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation.

Seventh Day: Consideration

It is impossible to have true charity without humility, the foundation stone of self-denial, and for that reason, also of real happiness. Are you one of those souls who are not happy solely because they are not humble?

Prayer

Blessed Father St. John of the Cross, who, to the most profound humility joined the most sublime knowledge of the ways of God, obtain for me real humility of heart, making me love humiliation and contempt, that despising worldly vanity, I may learn from thee to esteem henceforth only God and heavenly things. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation.

Eighth Day: Consideration

Love of one's neighbor can never be separated from the love of God. Even many pious persons are deluded on this point, considering their charity heroic if they are able to refrain from doing actual harm to anyone. St. John of the Cross understood fraternal charity in quite a different fashion, and the best homage to offer him is to imitate him by doing good to everyone.

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Prayer

St. John of the Cross, my glorious protector, known in thy lifetime as the father of the poor, the consoler of the afflicted, the assured refuge of the suffering, working miracles of charity for all – miracles which thou ceasest not to repeat even now by means of thy holy images and relics; deign also to be my consoler and my father: comfort me in my sorrows and aid me to see in every cross a pledge of divine mercy, that through them I may gain heaven. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation.

Ninth Day: Consideration

Filial abandonment to Divine Providence is the secret of a tranquil life. Meditate frequently on the “Our Father” and upon the many consoling passages of Holy Scripture. Abandon yourself fully to God, let your sole concern be to serve Him well, and life will be a foretaste of heaven.

Prayer

O my loving Father, St. John of the Cross, who in order more perfectly to imitate our Lord renounced so generously every consolation, even spiritual, praying only to suffer and to be despised for God’s sake, and who finally died in intense suffering, happy to be condemned by men, obtain for me the grace of perfect abandonment to the holy will of God, that placing all my joy and my hope in the Passion of my Saviour, I may at last rest eternally with thee in His glory. Obtain for me also the special grace I ask through thy intercession during this Novena, if it be for the glory of God and for my salvation.

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LITANY OF ST. JOHN OF THE CROSS

(To be recited every day of the Novena)

Lord, have mercy on us.

Christ, 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 Ghost, have mercy on us.

Holy Trinity One God, have mercy on us.

Holy Mary, Mother of God, Queen and Beauty of Carmel, pray for us.

St. John of the Cross, *

**Repeat: St. John of the Cross, before each invocation*

Our glorious Father, *Pray for us.

Beloved child of Mary, the Queen of Carmel,

Fragrant flower of the garden of Carmel,

Admirable possessor of the spirit of Elias,

Foundation stone of the Carmelite Reform,

Spiritual Son, and beloved Father of St. Teresa,

Most vigilant in the practice of virtue,

Treasure of charity,

Abyss of humility,

Most perfect in obedience,

Invincible in patience,

Constant lover of poverty,

Dove of simplicity, * Repeat: Pray for us, after each invocation

Thirsting for mortification,
Prodigy of holiness,
Mystical Doctor,
Model of contemplation,
Zealous preacher of the Word of God,
Worker of miracles,
Bringing joy and peace to souls,
Terror of devils,
Martyr in desire,
Model of penance,
Faithful guardian of Christ's Vineyard,
Ornament and glory of Carmel,
** Repeat: Pray for us, after each invocation*

V/ Lamb of God, who takest away the sins of the world, **R/**
spare us, O Lord.

V/ Lamb of God, who takest away the sins of the world, **R/**
graciously hear us, O Lord.

V/ Lamb of God, who takest away the sins of the world, **R/**
have mercy on us.

V/ Holy Father St. John of the Cross, pray for us.

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

Let us pray

O God, who didst instill into the heart of St. John of the Cross,
Thy Confessor and our Father, a perfect spirit of
self-abnegation and a surpassing love of Thy cross, grant that,
assiduously following in his footsteps, we may attain to
eternal glory. Through Christ our Lord. Amen.