

# A NOVENA FOR



# HOPE

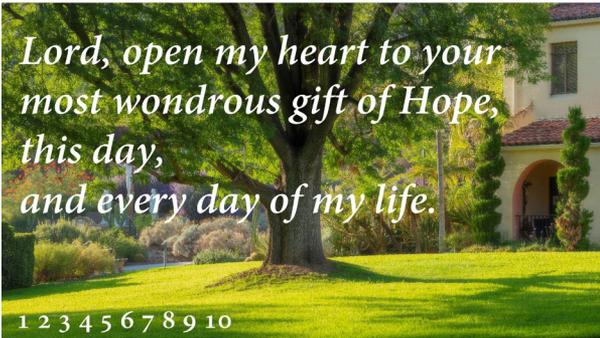
prepared  
by the Passionists at  
Mater Dolorosa, Sierra Madre, CA

## DAY 1—MOVING CLOSER

**1. Pray:** Dear Lord, let my understanding of Hope move from a desire to receive my wishes and personal needs to those which bring my heart closer to you.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



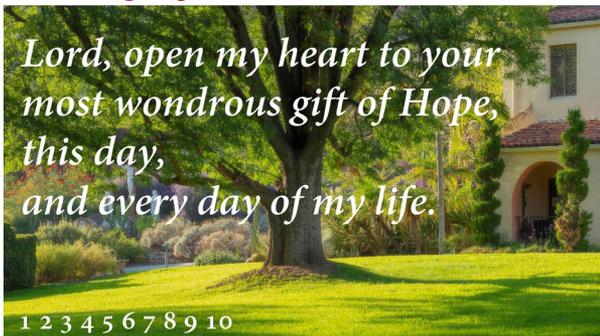
**4. Reflect in silence**

## DAY 2—NEVER DESPAIR

**1. Pray:** Jesus, let me not despair in my times of need. Let my heart have the confidence that you will always provide. Let me recognize the gift of Hope, which eternally flows towards me, even when I do not see it. Turn my heart towards you, so I will do, or be ready to do your will.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



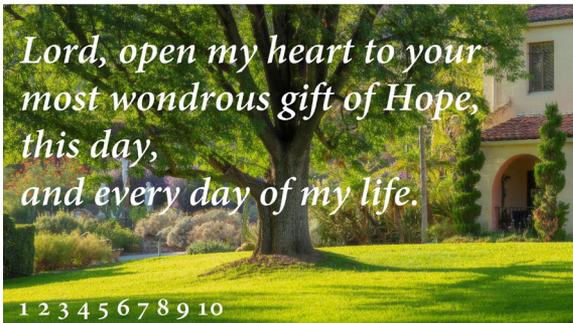
**4. Reflect in silence**

## DAY 3—DURING TIMES OF SPIRITUAL DRYNESS

**1. Pray:** Holy Spirit, you are always in my life, ever-present but not always recognized by me. So let me greet you like the unexpected visitor who comes just when they are needed. I am grateful for the gift of Hope, which always connects me to you, and let me bask in Hope during those unexpected times of spiritual dryness when often I need you most.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



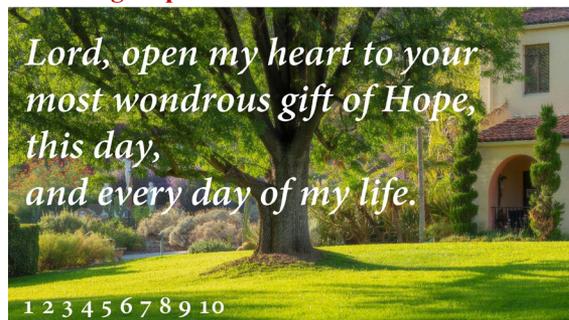
**4. Reflect in silence**

## DAY 4—OFFERING OF HEART AND MIND

**1. Pray:** God, help me surrender my soul to you in the only way I know-how. Dear Lord, I offer my mind and heart to you in all things, no matter how difficult I find it, to make this humble and vulnerable offering.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



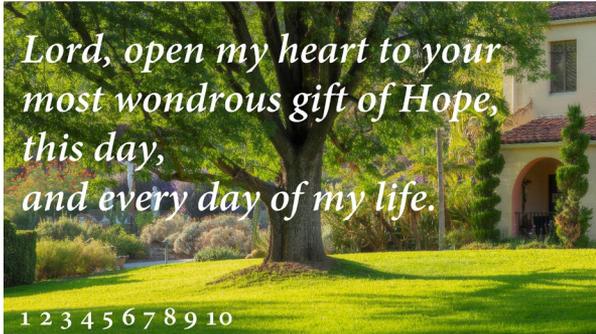
**4. Reflect in silence**

## DAY 5—A BROKEN HEART IS AN OPEN HEART

**1. Pray:** Jesus, my broken heart is an open heart, which faces you fully and with the love you have donated. Let my heart be open and bleed to your liturgy of love, which you give me daily through the channel of Hope.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



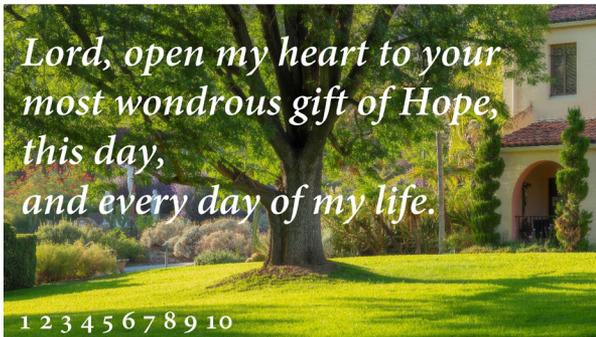
**4. Reflect in silence**

## DAY 6—LET IT BE DONE ACCORDING TO YOUR WILL

**1. Pray:** Dear Mother Mary, I pray through you to show me how to feel Hope as complete confidence in God's work through me, in whatever form that should take. *Let it be done according to your will.*

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



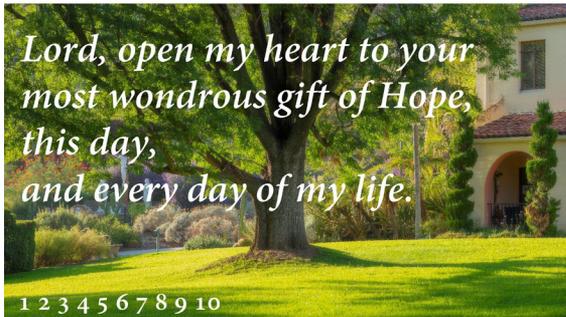
**4. Reflect in silence**

## DAY 7—BECKONING HOPE

**1. Pray:** Dear Lord, let me decrease so you may increase. Let me get myself out of the way, so I may become the instrument you always wanted. Have me see that by removing my intentions, that yours may flow, with bounty, into my life, and the lives of those around us.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



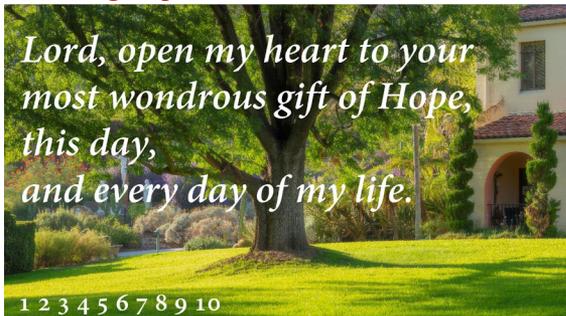
**4. Reflect in silence**

## DAY 8—RETURNING HOME, WITH HOPE

**1. Pray:** I am your prodigal son/daughter walking up a cedar-lined street to return to you, my father. Let my expectations be filled with the confidence that you will be ready to accept me, with all my faults and gifts, to fall into your loving arms.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



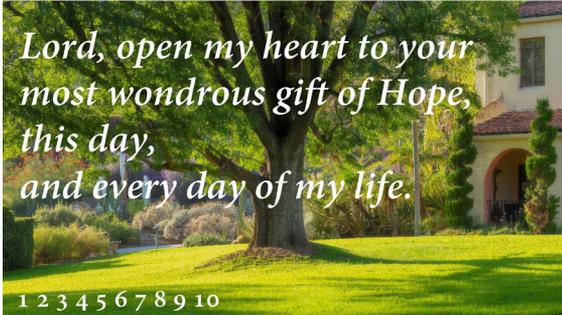
**4. Reflect in silence**

## DAY 9—ALL WILL BE WELL

**1. Pray:** In the reassurance of Hope, let me always to open to you, my beloved. That I may know that “All will be well, All manner of things will be well” and that Hope springs eternal from your font of eternal life and grace.

**2. Reflect in silence for a few moments**

**3. Pray the following response ten times**



**4. Reflect in silence**

## **Additional reflections:**

*“Hope is a confident expectation of God's action in our world and those around us. We can be confident of his operation, and more of that operation will occur if we don't try and over-directed outcomes.”*

*~ Joachim Rego, C.P. Superior General, Congregation of the Passion.*

*“The question is whether you're going to come through this crisis and if so, how. The basic rule of a crisis is that you don't come out of it the same. If you get through it, you come out better or worse, but never the same. We are living in a time of trial...the fact is that we are all tested in life. It's how we grow.”*

*~ Pope Francis: Let Us Dream.*

*The suffering of Jesus is a sea of sorrows, but it is also a sea of love. Ask the Lord to teach you to fish in this sea*

*~ St. Paul of the Cross.*

*All will be well, and all manner of things will be well.*

*~ Julian of Norwich*

*To sanctify others, one must first be holy oneself; otherwise, there is not a ray of hope.*

*You are the temple of the living God. Visit this interior sanctuary often and see that the lamps of faith, hope, and love are always burning.*

*~ St. Paul of the Cross.*

*Surrender is the crossover point of life. It distinguishes who I was from who I have become.*

*Surrender does not simply mean that I quit grieving what I do not have. It means that I surrender to new meanings and new circumstances.*

*Surrender is not about giving up; it is about moving on.*

*Life is not one road. It is many roads, the walking of which provides the raw material out of which we find hope in the midst of despair.*

*~ Joan Chittister - Scarred by Struggle; Transformed by Hope*



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