

**Novena for our NFP Apostolate – Day 1**  
*Adoration, Contrition, Thanksgiving, Supplication*

**Psalm 93:1**

**The Lord is king; he is robed in majesty.**

The LORD is king, in splendor robed;  
robed is the LORD and girt about with strength.

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

Lord, we have not always turned to you in our apostolate, many times we have despaired as if you had abandoned us.  
Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.**

Our volunteers chose St. Joseph to be among our patron saints. He is the model for husbands, fathers, and all men, having lived a life of humility and authentic masculinity.

In contrast to Jesus, who is perfect by nature, and Mary, who is perfect by grace, St. Joseph was an ordinary man. Yet, God chose St. Joseph for the extraordinary task of protecting and providing for the Mother of God and the Son of God. This was an uncertain and even dangerous mission at times. We admire St. Joseph because in spite of any fear, confusion, or struggle he placed his complete trust in God.

Lord God,

You called us into communion with you, whether in celibacy or in holy matrimony, to reflect your love in a life of service. In a world which has grown blind to the beauty of your creation, help us to live the love with fidelity and fruitfulness.

Send your Holy Spirit to give us the courage to speak the truth, and faith so that we are not discouraged.

We entrust the work of the Couple to Couple League to your care. Make us good stewards and credible witnesses. May we always be faithful to you.

We seek the intercession of Our Lady of Guadalupe, St. Joseph, Sts. Joachim and Anne, and St. Gianna Beretta Molla. May they and all the communion of saints intercede on our behalf to Jesus Christ, the Lord of Life.

Amen.

We ask for the intercession of our patrons.

St. Joseph, pray for us.

Sts. Joachim & Anne, pray for us.

St. Gianna Beretta Molla, pray for us.

Our Lady of Guadalupe, pray for us.

**Novena for our NFP Apostolate – Day 2**  
*Adoration, Contrition, Thanksgiving, Supplication*

**Psalm 93:1-2**

**The Lord is king; he is robed in majesty.**

And he has made the world firm,  
not to be moved.

Your throne stands firm from of old;  
from everlasting you are, O LORD.

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

Lord, we have admired and praised your saints, we have even desired to become saints so that we might live with you eternally; despite this, we often cringe when we are asked to make a gift of ourselves. Often it is small things we say no to; despite this you love us and continue to call us. Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.**

Our volunteers chose St. Joseph to be among our patron saints. Like Mary, St. Joseph continually gave his yes to God. What is exceptional is that unlike Mary, St. Joseph never saw an angel with his own two eyes. He was never overshadowed by the Most High. He was given dreams, yes—but dreams are easily dismissed. Instead, St. Joseph did not ignore the call of the Lord. He didn't need to be reminded or nudged. He acted.

St. Joseph made use of his strength in the service of God by doing His will; he served his family through his presence and hard work. This same strength afforded a chastity that did not limit his ability to love; rather it fueled his ability to love Mary rightly and be a good father to Jesus. May we, by our actions, promote to those we serve, this way of rightly loving.

**CCL's family prayer:**

Lord God, you called us into communion with you, whether in celibacy or in holy matrimony, to reflect your love in a life of service. In a world which has grown blind to the beauty of your creation, help us to live the love with fidelity and fruitfulness.

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Our Lady of Guadalupe, pray for us.

**Novena for our NFP Apostolate – Day 3**  
*Adoration, Contrition, Thanksgiving, Supplication*

**Psalm 93:5**

**The Lord is king; he is robed in majesty.**

Your decrees are worthy of trust indeed:  
holiness befits your house.

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

Lord, we say that you are three persons in one God, and we say we are against treating persons as objects, but often I treat you as an object, I do not speak to you as a friend or as an enemy, no, sometimes I treat you as a stone idol. But you...you, my first love, lean closer to me, to hear the whisper of my heart, to breath on me.  
Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.**

Our volunteers chose St. Gianna to be among our patron saints. A devout Catholic, she studied medicine and became a doctor. After marrying Pietro Molla, they had three children and suffered two miscarriages. Gianna became pregnant again. A fibroma developed on her uterus. Presented with three options she chose the only one that brought a chance to save her baby's life and told the doctors to remove the fibroma, though it risked her own death. On April 21, 1962 the baby she willed to save was born, Gianna Emmanuela, however St. Gianna lost her life a week later. Lord thank you for the generosity, the will and compassion of St. Gianna; we rely on her intercession as we teach NFP.

***Prayer of St. Gianna:***

*Jesus, I promise You to submit myself to all that You permit to befall me, make me only know Your will.*

*My most sweet Jesus, infinitely merciful God, most tender Father of souls, and in a particular way of the most weak, most miserable, most infirm which You carry with special tenderness between Your divine arms, I come to You to ask You, through the love and merits of Your Sacred Heart, the grace to comprehend and to do always Your holy will, the grace to confide in You, the grace to rest securely through time and eternity in Your loving divine arms.*

**CCL's family prayer:**

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**Novena for our NFP Apostolate – Day 4**  
*Adoration, Contrition, Thanksgiving, Supplication*

**Psalm 8:2-4,2**

**O LORD, our Lord,**

**how awesome is your name through all the earth!**

**I will sing of your majesty above the heavens**

**with the mouths of babes and infants.**

**You have established a bulwark against your foes,**

**to silence enemy and avenger.**

**When I see your heavens, the work of your fingers,**

**the moon and stars that you set in place—**

**O LORD, our Lord,**

**how awesome is your name through all the earth!**

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

Lord, though you made me for a divine glory, to share your glory in heaven, I often wallow with modern idols, letting your gift of time wisp away like a vapor. I am so mesmerized and pursue vanities. I am like St. Paul in this regard... *"The willing (to do good) is ready at hand, but doing the good is not. For I do not do the good I want, but I do the evil I do not want."* (Romans 7:18-19) You have called me. Around me are those whom you have given me to serve, to whom I am to be 'another Christ', providing your physical and spiritual presence. Jesus, I trust in you, you encouraged me to become perfect like my heavenly father.  
Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.**

Our volunteers chose Sts. Joachim & Anne to be among our patron saints. These are the names traditionally believed to be those of Mary's parents. Though unnamed in the bible, they certainly existed and raised Mary. They assisted her on her path to holiness and gave her the human tools to be contemplative and ponder God's will for her life. We ask Sts. Joachim & Anne to assist us in looking ever to God, saying "Let it be done to me according your will", to live in holiness and peace with our spouse and children, to be good guides to those to whom we teach NFP.

**CCL's family prayer:**

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Our Lady of Guadalupe, pray for us.

**Novena for our NFP Apostolate – Day 5**  
*Adoration, Contrition, Thanksgiving, Supplication*

**Psalm 105:41, 107:33-37**

**He split the rock and water gushed forth;  
it flowed through the desert like a river**

**God changed rivers into desert,  
springs of water into thirsty ground,  
Fruitful land into a salty waste,  
because of the wickedness of its people.  
He changed the desert into pools of water,  
arid land into springs of water,  
And settled the hungry there;  
they built a city to live in.  
They sowed fields and planted vineyards,  
brought in an abundant harvest.**

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

**Contrition**

Lord, you gave us the privilege to be pure fountains of living water, to marry and image divine life, to create eternal souls. Lord, thank you. But our nation and culture has fouled its wells and said bad water is good, and death is life. Our houses of worship once vibrant are shuttered; many children long for their parents. Forgive us. In our apostolate we turn to you for strength, to un-foul the wells, to set aright the homes, to return the peoples to true worship. Help us more.



**BERNARDINO LUINI**

Annunciation to St. Anne 1516

**Lord you have given us great intercessors, thank you.**

St. Anne's thirst. Jesus said from the cross "I thirst." God is the same yesterday as today, in him there is no changing; God has always thirsted for us. St. Anne participated in the thirst of God when she prayed for a child. God wants us to share in his divine life, to thirst with him for souls, for everlasting and infinite joy. We ask St. Anne to intercede for us, that we might thirst with God for souls, split the rock of hardened hearts and see our nations families growing. St. Anne, mother to the mother of God, grandmother to God, bend Jesus' ear for us, ask him to bless our NFP ministry.



**CCL's family prayer:**

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Amen.

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St. Joseph, pray for us.

Sts. Joachim & Anne, pray for us.

St. Gianna Beretta Molla, pray for us.

Our Lady of Guadalupe, pray for us.

Amen.

**Novena for our NFP Apostolate – Day 6**  
*Adoration, Contrition, Thanksgiving, Supplication*

**Proverbs: 10-3, 6, 11, 24, 28, 29, 30, 31; 11-19, 30**  
**The Lord does not let the righteous go hungry**  
**Blessings crown the head of the righteous**  
**The mouth of the righteous is a fountain of life**  
**What the righteous desire will be granted**  
**The prospect of the righteous is joy**  
**The way of the Lord is a refuge for the righteous**  
**The righteous will never be uprooted**  
**The mouth of the righteous brings forth wisdom**  
**The truly righteous man attains life**  
**The fruit of the righteous is a tree of life**

**(John 14:6) Thomas said to him, “Master, we do not know where you are going; how can we know the way?” Jesus said to him “I am the way and the truth and the life. No one comes to the Father except through me.”**

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

**Contrition**

Lord, you gave us your word in the holy scriptures, and you sent your son, Jesus, as the word made flesh. You came to give us abundant life. Yet we have not always turned to the scriptures as our daily bread and we have not received your son as our daily bread. And when we have read and received your word made flesh, we have often received it with hard hearts, without simplicity, without a confident and generous desire to become like you. And you could do no great miracles in us. (~Mt 13:58) Yet, despite our hardness of heart, despite our indifference, despite our reckless behavior, you wait for us, so very available, so ready, if we would but be like children. Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.**

How can we know what St. Joachim our patron was like, when the scriptures tell us nothing about him? But they do, Jesus himself told us something about St. Joachim when he told us in the positive “every good tree bears good fruit” and in the negative “Do not give what is holy to dogs, or throw your pearls before swine”. Could the mother of God then have come from other than a most righteous and virtuous couple? No, the fruit of righteousness is a Tree of Life. So Mary, the Mother of God...Jesus, who is our Way, our Truth, and our Life...would have been entrusted to the best parents. We can confidently request the intercession of St. Joachim, who

desired the good of the people of God, of the whole human race, and of you and I, when he willed with his wife, St. Anne, the blessing of a child, and hoped against hope for our redeemer. Praise be to God for the cooperation of Saints Joachim and Anne with his divine plan. May they assist us in our marriages, and in our NFP ministry of strengthening marriages within the divine plan.

**CCL's family prayer:**

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Our Lady of Guadalupe, pray for us.

Amen.

**Novena for our NFP Apostolate – Day 7**  
*Adoration, Contrition, Thanksgiving, Supplication*

**(Isaiah 55:8-9) For my thoughts are not your thoughts, nor are your ways my ways—declares the LORD. For as the heavens are higher than the earth, so are my ways higher than your ways, my thoughts higher than your thoughts.**

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

**Contrition**

Lord, we often insist on our way, we think our ideas, desires and conceptions are so pleasant, our plans are so comfortable to us, and we resist, even fight others, sometimes, who have different ideas. Yet, this is not the simple path, and our resistance to change is often groundless. Did Mary protest when she had to leave behind the things she had prepared for the birth of Jesus and instead accept a trough for his manger? Or did she ponder these things in peace and look to discern the will of God. Lord, may I be more patient with the upsets within our ministry, and cooperate fully with the unfolding of your grace.

Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.**

**“...For my thoughts are not your thoughts... declares the Lord.” So true, humans are seldom aware when God is working great works. We learn of them later as God’s plan unfolds. Consequently, we should always be asking for God’s presence and work in our lives. St. Joachim and Anne were present, but unaware of the singular grace that God worked in the world when Mary was conceived, not carrying the stain of original sin, within the womb of St. Anne. St. Anne joyfully cradled Mary. Together, Sts. Joachim and Anne, our spiritual grandparents, so to speak, cooperated with God in the early raising of the Mother of God. Lord, may we, your servants in the NFP ministry, pray in hope for your children whom you send us to serve, and wait patiently through the sterile times when things seem hopeless. May I be filled with confidence that while your ways are not my ways, that you are always working the redemption of the world.**

**CCL’s family prayer:**

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**Novena for our NFP Apostolate – Day 8**  
*Adoration, Contrition, Thanksgiving, Supplication*

**(Song of Songs 4:12) A garden enclosed, my sister, my bride,  
a garden enclosed, a fountain sealed!**

**(Acts 17:22-29)**

**The God who made the world and all that is in it, the Lord of heaven and earth, does not dwell in sanctuaries made by human hands, nor is he served by human hands because he needs anything. Rather it is he who gives to everyone life and breath and everything. He made from one the whole human race to dwell on the entire surface of the earth, and he fixed the ordered seasons and the boundaries of their regions, so that people might seek God, even perhaps grope for him and find him, though indeed he is not far from any one of us. For 'In him we live and move and have our being,' as even some of your poets have said, 'For we too are his offspring.' Since therefore we are the offspring of God, we ought not to think that the divinity is like an image fashioned from gold, silver, or stone by human art and imagination.**

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

**Contrition**

Lord, your radiance is on display in all the peoples of the world. Each soul is willed by you and sustained by you from the moment of its creation. Sometimes we find ourselves repulsed by those whom, at that very moment, and eternally, you are sustaining, loving, and with whom you desire a perfect union. At that moment, the gulf between us and you is so clear; you desire those souls and we do not. In our ministry, we are taxed by souls that seem unresponsive, hard hearted, and sometimes even hostile. These are the very souls you give us as cherished gifts, to grow in us a longing for souls. And these souls require of us more effort, more training, more patience, more grace. As we work with you, you are shaping our souls. Lord, may we allow you to form us in your image, may we conform our thoughts to your thoughts.  
Lord thank you, forgive me, help me more.

**Lord you have given us great intercessors, thank you.  
Our Lady of Guadalupe, appeared to Juan Diego in 1531. She instructed Juan Diego to pick and present flowers to the local Bishop as a sign. The Bishop was skeptical but allowed Juan Diego to present his supposed sign. When Juan Diego opened his tilma the bishop fell to his knees as the flowers cascaded to the floor. Unbeknownst to Juan Diego, his tilma had become a gate of heaven**

for the Bishop to see the living mother of God. She was before him, fully alive, fully present. Then as rapidly as the Bishop was fully cognizant of her full gaze on him, her image fused to the tilma. The tilma, a temporal garment, had become a vessel of honor to carry the image of Our Lady of Guadalupe. She had presented herself as a virgin with child. The heavenly light, fused as an image, reminding us of our human condition, spirit and matter, presented to the Americas as a sign, reminds us that we are always in the presence of God if we have 'eyes to see'. We are meant to image the divine, to make God present to others. As Mary presented our Lord still hidden in her womb, we must carry Christ to others, hidden in us, but living and active, for we are his offspring, to be light to the world.

**CCL's family prayer:**

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Amen.

## **Novena for our NFP Apostolate – Day 9**

Adoration, Contrition, Thanksgiving, Supplication

(Acts 17:26-27)

“... and he fixed the ordered seasons and the boundaries of their regions, so that people might seek God, even perhaps grope for him and find him, though indeed he is not far from any one of us.”

Pope Paul VI echoed these ideas from St. Luke in Acts when he wrote *Humanae Vitae*. He reminds all that the seasons that God ordered are meant to help us seek God. When we recognize God in every part of nature, including the plan for the origin of life and the participation of husband and wife, we draw closer to God and will find him. In *Humanae Vitae*, Pope Paul VI includes many statements affirming this truth.

The question of human procreation, like every other question which touches human life, involves more than the limited aspects specific to such disciplines as biology, psychology, demography or sociology. It is the whole man and the whole mission to which he is called that must be considered: both its natural, earthly aspects and its supernatural, eternal aspects. HV 7 Married love particularly reveals its true nature and nobility when we realize that it takes its origin from God, who “is love,” (6) the Father “from whom every family in heaven and on earth is named.” HV 8

But to experience the gift of married love while respecting the laws of conception is to acknowledge that one is not the master of the sources of life but rather the minister of the design established by the Creator. HV 13

We Adore You, O Christ, and We Bless You, Because by Your Cross You Have Redeemed the World

### **Contrition**

God our Father, we want to be in control, we want to have our own plan. We draw up spreadsheets for purchases, jobs, even when we want children. We forget that your will is what is best for us. Your will is what will make us truly happy. Knowing your will is not a one-time event, it requires us to turn to you again and again, reviewing our plans with you, and listening for your inspiration. In our NFP ministry, we have often chosen to follow our own plan in promoting and teaching NFP, in sharing this news with others. We do things ‘the way we always have’. We lose sight that your plan is to bring souls closer to you. Lord, we trust that you will help us when we turn to you, through Jesus and our intercessors, to do your will.

Lord thank you, forgive me, help me more.

Lord you have given us great intercessors, thank you. As we moved through these nine days of prayer, we have called to you through our intercessors, alive and active, immediately present to us. We ask for their intercession for all couples striving to live the truth of *Humanae Vitae* personally, and for the earthly leaders, teachers and promoters of the NFP ministry. Help all to acknowledge Your presence always; it is within You that we live and move and have our being.



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Our Lady of Guadalupe, pray for us.

Amen.

Note: Prayers of thankfulness for St. Joseph and St. Gianna Beretta Molla were inspired by reflections found on website of The Couple to Couple League. CCL's family prayer is copyrighted by Couple to Couple League, International, Inc.