

FOR HEALING, FAMILY LIFE, AND GOD'S
BLESSINGS ON GENERATIONS

Patroness of: Grandparents, mothers, pregnant women, those seeking to conceive, & the sick.

Novena Prayer to Saint Anne



Every Day at the beginning of the Novena

O St. Anne, you are my spiritual grandmother. Please pray for me!

I come to you today knowing that

you know what it's like to wait on God to answer your heart's greatest desires.

I come to you today asking that you will ask God to grant my petition the way that He granted yours.

I ask that you pray, St. Anne, to ask Our Lord to have mercy and favor on me.

Please pray for me. But most of all, please pray that I may be open to God's will the way that you were,

and that I will be able to wait with patience, perseverance in faith and hope,

and with absolute trust in the Lord's plan for me. Amen.

Day 1 – July 18: Trust in God’s Timing

All: Good St. Anne, mother of Mary and grandmother of Jesus, I begin this novena asking for the grace to trust God’s perfect timing, especially in illness, infertility, and family burdens.

Priest: St. Anne, like Sarah and Hannah before her, waited many years for a child. The Lord heard her cry. As the Catechism teaches: *“Hope is the confident expectation of divine blessing”* (CCC 2090). St. Irenaeus taught, *“Delays in God’s plan are to prepare the soul to carry great grace.”*

All: Lord, just as You intervened in Anne’s barrenness, please bring healing to the sick, hope to the waiting, and strength to the weary. Especially, I pray for... *(SILENTLY name those who are ill)*.

All - Personal Petition: St. Anne, help me surrender my trials with patient faith: *(your intention Silently)*

All: Help me walk with hope, knowing God sees me and will act. Amen.

Day 2 – July 19: A Quiet and Steady Faith

All: St. Anne, woman of hidden strength, teach me to live with steady, quiet faith even when no one sees.

Priest: Though not named in Scripture, your holiness was preserved in Church tradition. The Church honors the faithful who serve quietly. St. Gregory of Nyssa wrote: *“A life of interior faithfulness is the purest offering to God.”*

All: Lord, bless all mothers and caregivers who serve in silence and love. Strengthen their hearts. Renew those who feel forgotten.

All - Personal Petition: St. Anne, help me persevere in faith through daily struggles: *(your intention silently)*

All: Guide me to live faithfully in all things, big or small. Amen.

Day 3 – July 20: A Holy Home

All: St. Anne, you created a home where Mary learned to love and serve God. Help me do the same.

Priest: The home is the first school of holiness. The Catechism calls the family the “domestic Church” (CCC 1656). St. Basil wrote: *“A home filled with virtue is a fortress of the Church.”*

All: Lord, bless all grandparents. May they hand down wisdom, faith, and love to future generations, just as Anne passed her faith to Mary.

All - Personal Petition: St. Anne, help me foster holiness and peace in my home: *(your intention silently)*

All: May my home reflect the warmth, prayer, and joy of yours. Amen.

Day 4 – July 21: Strength Through Suffering

All: St. Anne, comforter of the afflicted, strengthen me and those I love who carry heavy burdens.

Priest: St. Anne’s infertility caused deep suffering, but her faith endured. The Church teaches: *“By His passion and death, Christ gave new meaning to suffering”* (CCC 1505). St. Cyprian said: *“What is bitter in the flesh becomes sweet in grace when borne for Christ.”*

All: Lord, stretch out Your healing hand upon all who suffer in body, mind, or spirit. Especially we pray for... *(Name the sick or suffering)*. May they feel Your presence.

All - Personal Petition: St. Anne, intercede for the grace to suffer with Christ and not lose heart: *(State your intention)*

All: May my pain become prayer, my burden become blessing. Amen.

Day 5 – July 22: Grandparents as Faith-Bearers

All: St. Anne, grandmother of our Savior, bless all grandparents with grace, health, and wisdom.

Priest: You passed your faith to Mary, and she to Jesus. Pope Francis teaches that grandparents are the “memory of the family” and a bridge between generations. St. John Chrysostom said: *“Let grandparents instruct not only by word, but by the example of their love and patience.”*

All: Lord, strengthen our grandparents. May they be honored in our homes and supported in their needs. Comfort those who are alone, grieving, or forgotten.

All - Personal Petition: St. Anne, help me honor and learn from the elderly in my life: *(State your intention silently)*

All: May we never forget the wisdom and prayers of our elders. Amen.

Day 6 – July 23: Generosity in Spirit and Family Life

All: St. Anne, help me be generous and selfless in love, as you were with Mary.

Priest: You gave the world Mary, who gave us Christ. True love holds nothing back. St. Gregory Nazianzen wrote: *“The truly generous soul gives God their whole heart, even in small things.”*

All: Lord, bless all mothers and women longing for children. Open hearts to life. May those suffering infertility find healing and peace in You.

All - Personal Petition: St. Anne, inspire me to give fully of myself in my family and relationships: *(State your intention silently)*

All: Teach me to give like Christ—freely, joyfully, completely. Amen.

Day 7 – July 24: Finding God in the Ordinary

All: St. Anne, help me to find holiness in my ordinary life.

Priest: You raised Mary through daily faithfulness—prayer, chores, love. St. Augustine said: *“Small things done with great love are great in God’s eyes.”* The Church calls us to “daily conversion” in the little things (CCC 1435).

All: Lord, bless all expectant mothers with health, peace, and safe delivery. May they find strength in You and comfort in St. Anne’s maternal care.

All - Personal Petition: St. Anne, help me offer my daily work as a gift to God: *(State your intention Silently)*

All: May every task today be done with love and lifted to God. Amen.

Day 8 – July 25: Guiding the Next Generation

All: St. Anne, help me to guide and inspire others in the way of Christ.

Priest: You raised Mary in the ways of the Lord. St. Irenaeus said, *“Mary untied the knot of Eve’s disobedience”—but she learned her first ‘yes’ from you.* The Church reminds parents and mentors: “You are the first teachers of your children in the ways of faith” (Rite of Baptism).

All: Lord, bless all who form children in faith—parents, grandparents, catechists, and teachers. Give them patience, wisdom, and joy.

All - Personal Petition: St. Anne, help me be a faithful witness to those I influence: *(State your intention silently)*

All: May my words and life lead others closer to Jesus. Amen.

Day 9 – July 26: Feast of St. Anne — A Legacy of Faith

All: St. Anne, on your feast day, we thank God for your legacy of holiness and maternal love.

Priest: You were the root from which grew the flower of Mary, and the fruit of Christ. The Church celebrates your feast to honor generations who pass down the faith. Pope Francis says: *“We are children of a long line of witnesses.”*

All: Lord, bless all generations of families—young and old. Heal the sick. Strengthen pregnant women. Comfort those who grieve. May St. Anne intercede for all.

All - Personal Petition: St. Anne, on your feast, I entrust my deepest prayer to you: *(State your intention silently)*

All: St. Anne, grandmother of Jesus and patroness of our families, pray for us. May your legacy live on in our faith, homes, and hearts. Amen.