

## A NOVENA TO JULIAN OF NORWICH



*A Novena is a period of prayer which takes place each day, over nine consecutive days, in preparation for a feast (e.g. Julian of Norwich, St Julian of le Mans, Pentecost), or with a special intention in mind (e.g. birthday, anniversary, medical operation or procedure, before the reception of a new companion). It may be prayed by an individual or a group.*

*On each of these nine days, you are invited to read one of the following passages from Julian of Norwich's Reflections of Divine Love and reflect on it, then to pray the prayer which is written after that passage.*

*You might like to begin your period of prayer by saying these words (In the Name ...) as you make the sign of the cross but this is not compulsory. Please begin and end in a way which feels 'right' for you ...*

*In the Name (+) of the Father, and of the Son, and of the Holy Spirit. Amen.*

### **DAY ONE**

*'How greatly we should rejoice that God indwells our soul. Yet how much more must we rejoice that our soul dwells in God. Our soul has been created to be God's dwelling place; and the dwelling of the soul is God who is uncreated. It is a great inward illumination still to see and know that God our Creator dwells in our soul. But it is a much greater inward illumination still to see and to know that our soul, which is created, dwells in God's very substance, and of this divine substance we are what we are.'* [Ch. 54]

Mother Julian, pray for me, that I may give heartfelt thanks and be truly full of joy that I am united in God who calls and enables me to be who I am.  
Amen.

### **DAY TWO**

*'I saw that he is everything that is good and comfortable for our help. He is our clothing which for love enwraps us and enfolds us, embraces us and fully shelters us. And with his tender love he is so close to us that he can never leave us.'* [Ch. 5]

Mother Julian, pray for me, that I may rest assured that all people are eternally loved by God, and that He will comfort all who feel unloved, lonely, or afraid. Amen.

### **DAY THREE**

*'In truth I saw the creator, the Lover and the Keeper. For until I am substantially united to God I can never have perfect rest and true happiness ... I must be so united to him that no created thing can come between my God and me.'* [Ch. 5]

Mother Julian, pray for me, that I may so love God, all those I encounter today, and myself, that nothing will prevent God's love from flowing through me to the whole of creation. Amen.

### **DAY FOUR**

*'We may reverently ask from our Lord all that we want; for our natural wish is to have God, and the good will of God is to have us. We can never stop wanting to be his, and longing for him, until we possess him in the fulness of joy; then we will desire nothing more. He wants us to be ever occupied with knowing and loving him until such time as our longing is completely fulfilled in heaven.'*

[Ch. 6]

Mother Julian, pray for me, that God may reveal to me the beauty, greatness, and power of all heavenly things and, after this present life, to ever rejoice in them. Amen.

### **DAY FIVE**

*'As long as we, in this life, turn in our stupidity to contemplate the damned, our Lord God tenderly touches us and blessedly calls, saying within our souls: 'Let me attend to this matter, my dearest child. Just turn to me; I am enough for you. Find your joy in your saviour and your salvation.'* [Ch. 36]

Mother Julian, pray for me, that I may be forgiven for making earthly and temporal barriers which hinder or prevent me from being aware of God's love for me and for all people. Amen

### **DAY SIX**

*'So, I was taught that love was our Lord's meaning. And I saw with absolute certainty that in this revelation and in all the rest of the Showings, that before God made us, he loved us, and that this love never slackened nor ever shall. In this love he has done all his works. In this love he has made all things for our benefit. And in this love our life is everlasting. In our creation we had a beginning; but the love in which he created us was in him forever and without*

*beginning. In this love we have our beginning. And all this we shall see in God without end. Thanks be to God.'* [Ch. 86]

Mother Julian, pray for me, that I may be truly thankful for all the blessings of this life, above all for the inestimable and everlasting love of God. Amen.

## **DAY SEVEN**

*'Thanksgiving,' Julian adds, 'is also an integral part of prayer. Thanksgiving is a true, inward awareness. With deep reverence and loving fear, it leads us to turn with all our strength to the work God is calling us to do, all the time rejoicing and thanking him in our hearts. Sometimes, our heart is so full that it overflows into words and we cry out 'Good Lord, thanks be to you; May you be blessed!''* [Ch. 41]

Mother Julian, pray for me, that I may always be aware of God's blessing on my work which God invites and enables me to do, thankfully and joyfully. Amen.

## **DAY EIGHT**

*Our Lord says, 'Pray wholeheartedly, even though you do not feel like it, for it is a very profitable thing to do even if you don't feel that way. Pray wholeheartedly, even though you feel nothing, even though you see nothing. Yes, even when you think you cannot do it. For in times of dryness and barrenness, in times of sickness and weakness your prayer is most pleasing to me even though you may find it tasteless. And this holds good in my eyes for all your prayer said in faith.'* [Ch. 41]

Mother Julian, pray for me, that I may never doubt God's abiding love, and that God will stretch out his healing and strengthening hand, especially at those times when I am unable to feel his presence with me. Amen.

## **DAY NINE**

*'The soul that contemplates in this way becomes like the One who is contemplated, and becomes united to him in rest peace through his grace.'* [Ch. 67]

*There is no set prayer after today's reading. You could keep a brief period of silence instead of praying, or you could make up a prayer of your own, after which you might like to end by praying any or all of the following, and giving thanks to God for this period of prayer shared together...*

## **Collect**

*Most holy God, the ground of our beseeching, who through your servant Julian revealed the wonders of your love: grant that as we are created in your nature and restored by your grace, our wills may be so made one with yours that we may come to see you face to face and gaze on you for ever; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.*

*Hail, Mary, full of grace; the Lord is with thee; Blessed art thou among women and Blessed is the fruit of thy womb, Jesus; Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

*Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.*

*The Grace (+) of our Lord Jesus Christ, the Love of God, and the Fellowship of the Holy Spirit, be with us now and always. Amen.*

*Thanks be to God.*