Novena

Read: Acts 1:14 and write a summary in the chart. (Hint: How many days passed between the Ascension and the Holy Spirit’s descent at Pentecost?)

A novena is a nine-day prayer for a specific intention. (Novena comes from the Latin word novem, which means “nine.”) For example:

› The Novena to the Sacred Heart of Jesus, written by St. Margaret Mary Alacoque.
› The Divine Mercy Novena, traditionally begun on Good Friday and completed on Divine Mercy Sunday.
› Novena to the Holy Spirit, traditionally prayed the nine days before Pentecost.

Conversation Question: Have you ever said a novena? Is there a saint you’ve learned about this year whose life especially inspired you and whom you could ask to pray for you?

The Rosary


The Rosary is a prayer in which we recite the Apostles’ Creed, the Our Father, the Hail Mary, the Glory Be, and the Hail Holy Queen, while meditating on mysteries from the lives of Jesus and our Blessed Mother.

Conversation Question: The Rosary might seem long or repetitive. How could lengthy repetition of prayers help your communion with God?
Veneration of Relics

Read: Acts 19:11-12 and write a summary in the chart.

We honor saints because they lived holy lives and are now in Heaven with our Lord. In this way, their bodies and items closely associated with them are links to Heaven! We do not believe that the relics of saints give us grace directly, but we believe they can be vessels for grace.

Conversation Question: St. Jerome explained the veneration of relics in AD 420: “We do not worship, we do not adore, for fear that we should bow down to the creature rather than to the Creator, but we venerate the relics of the martyrs in order the better to adore Him whose martyrs they are.” How would you put this description in your own words?

Pilgrimages

Read: Hebrews 11:16 and write a summary in the chart.

A pilgrim is a person who leaves his or her home and travels to another, more holy one. All Christians are pilgrims on earth, because our true home is Heaven! During this life, we can make pilgrimages, or visits to holy places. For example, you might make a pilgrimage to the Holy Land to walk from Galilee to Bethlehem as Mary and Joseph did, or in the footsteps of Jesus to the Cross. You might visit Lourdes, France, where our Lady appeared to St. Bernadette, and bathe in the healing waters of the spring.

Conversation Question: Have you ever visited (or wanted to visit) a place that was important in your family history? Why would being physically present in a special place be meaningful?