

Novena to the Most Holy Trinity

INVOCATION

In the name of the Father, & of the Son & of the Holy Spirit. Amen.

Come to my aide, O Most Holy Trinity so that I may accomplish according to your Most Holy will whatever tasks lie ahead today. Fill me with your love, so that in your merciful presence, I may humbly acknowledge my sins & be sorry for them.

(a short period of silence & examination of conscience)

PENITENTIAL RITE

O God, I am sorry for having offended you with my sins & I deeply regret this male state, fearing not just loss of state of grace & rewards in heaven, the anguish & pain in hell, but the more importantly, the breach of my loving relationship with you my God, who is kind & generous, deserving most of my reparation & live always in your grace. Amen.

ADORATION

1

Omnipotent Father, I adore & praise You. I willingly entrust my whole being to your care. Dwell in my heart as you make it your abode, a dwelling place your holy temple. Remain always within me for I find peace whenever You are with me. May your kingdom come today as in heaven. I love you Father, I offer & commit myself fully to You. Amen.

Most Beloved Son Jesus Christ, I adore & praise You. You who are ever present in the Holy Eucharist. I unite my entire being to you as you have embraced our humanity except sin. Permeate my being to you as you do with the bread & wine

that become your body & blood in every Eucharistic offering. What a sublime offering that brings honor & joy to the Father! Accept my humble offering of self. Make me your worthy instrument so that my life, works & words would always manifest the love you have endowed me with. Amen.

O Wondrous Holy Spirit, Flowing from the Love of the Father & the Son, I adore & praise You. I lift to you my whole self, my aspirations, my yearnings, my joys, pains, worries & concerns. I offer you everything that you have endowed me with. Empower me with wisdom, courage, understanding and deep faith. Enlighten me that I may be a living expression of Your love to others. Reign in me that I may put to good use whatever good gifts & graces I have received from You. Guard all my heart's desires that I may always remain faithful to you. Amen.

OFFERING

O Omnipotent Father, O Jesus Christ, O Holy Spirit, One & Holy Triune God, creator of heaven & earth. You who Lord over all creation, I adore, praise & thank you. Animate my whole heart, my soul, my entire being with your Love that I may give glory, praise, honor to your Most Holy name with everything I say & do today & the rest of my life.

PROFESSION OF FAITH

2

I believe in God the Father Almighty, Creator of heaven & earth; & in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died & was buried. On the third day, He rose again. He ascended into heaven, & is seated at the right hand of the Father. He will come to again to judge the living & the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, & life everlasting. Amen

INTERCESSIONS

Almighty & One God, Father, Son & Holy Spirit, I Praise & worship you. I entrust myself to you. I humbly beseech you to bring peace to my heart, my family, my loved ones & the whole world. Bless me with your gift of understanding, solicitude, sharing & loving service. Touch my heart with your love that as I pray, I may not seek only my own personal good but consider the welfare & good graces of others. Hence I pour out my heart's concerns & intentions for others.

(Now mention your intentions & petitions)

Most Holy Trinity, you know what lies in the deep recesses of my heart. You know what I need & what's good for me. Guide & join me in this journey of life.

Make your presence felt that I may always be mindful & strong-willed to fulfill whatever duties, obligations & tasks you have in store for me. Touch my heart that I may find genuine peace & lasting joy in all my endeavors now & forever. Amen.

THANKSGIVING

O Most Holy Trinity, I glorify your Most Holy Name

I adore, praise & thank you with all my heart & soul.

O Most Holy Trinity, I honor Your ever-faithful & unconditional Love.

I adore, praise & thank you with all my heart & soul.

O Most Holy Trinity, I praise you for enlightening me.

I adore, praise & thank you with all my heart & soul.

3

O Most Holy Trinity, I cherish Your Body & Blood in the Holy Eucharist.

I adore, praise & thank you with all my heart & soul.

Our Father..., Hail Mary..., Glory Be...

CLOSING PRAYER

O Most Holy Trinity, Father, Son & Holy Spirit, every good gift comes from You. Grant me your constant protection & grace. Free me from the bond of sin. Keep me pure & holy in your sight. Grant me complete change of heart so that I may follow you with greater fidelity.

Give me health in mind & body, perfect love for each other & make me faithful to you. Bless me in this life the good things that would lead me to the everlasting life you have prepared for me. Send your light upon me & my loved ones that together, we may enjoy the gifts of your love, share them with others & devote ourselves to doing good. Renew us with your Body & Blood in the Holy Eucharist & keep us always in your Love. Amen.

FINAL BLESSING

May Your grace, Lord Jesus Christ, in the love of the Father & fellowship of the Holy Spirit bless me. Amen.

May Your face shine upon me & be gracious to me. Amen.

May You look upon me with kindness & give me peace.

4



In the name of the Father, & of the Son & of the Holy Spirit. Amen.