

# St Clare of Assisi



Novena and Prayers

# First Novena to Saint Clare

## Day One

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

O Seraphic Saint Clare, first disciple of the Poor Man of Assisi, who hast abandoned all riches and honours for a life of sacrifice and of highest poverty, obtain from God for us the grace we ask (*State your intention here*), and that we too, may always submit to the Divine Will and live confidently in the providence of our Heavenly Father.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Two

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

O Seraphic Saint Clare who, notwithstanding living separated from the world hast not forgotten the poor and the afflicted, but hast become a mother to them, sacrificing for them your riches and working for them innumerable miracles; obtain from God for us the grace we implore (*State your intention here*), Christian charity towards our brethren in all their spiritual and temporal needs.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Three

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

O Seraphic Saint Clare, light of your country, who hast delivered Italy from barbarous invaders; obtain from God for us the grace we implore (*State your intention here*), that of overcoming all attacks of the world against faith and morals, thus preserving in our families true Christian peace, with a holy fear of God and a devotion to the Blessed Sacrament.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Four

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

Blessed Saint Clare, whose very name means light, illumine the darkness of our minds and hearts so that we might see what God wishes us to do and perform it with a willing and joyful heart. Before your birth, a Heavenly voice foretold that you would be a light illuminating the world. Be a light to us in the sorrows and anxieties of this earthly life, and lead us into the eternal light of our home in Heaven.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Five

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

O Seraphic Saint Clare, whose virginal heart was great enough to love the whole world, take our petitions into your pure hands and present them to God. Pray for us that we may one day enter joyously before the throne of God. Let the light of your perfect purity consume the shadows of sin and corruption that darkens the world. Intercede by your innocence for our youth. Safeguard the peace of our homes and the unity of our family. Plead with your chaste love for all in peril.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Six

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

Generous Saint Clare, who left wealth and pleasure and all earthly goods to become the first spiritual daughter of Saint Francis and to serve God in the cloister, help us to commit our lives to God without limit or measure so that He may live in us and shine forth from us to all whose lives touch ours. You who loved souls so much as to make your life a continual sacrifice for them, obtain for us the graces we now implore and win for us the strength to praise God in suffering as well as in joy.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Seven

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

Faithful Saint Clare, loyal daughter of the Church, friend and confidante of popes, intercede for the holy Church and look graciously from Heaven on our Holy Father Pope. Enlighten us to remove from our souls all that hinders the progress of the Church on earth. Grant that we may share your great love for the church of God and spread His kingdom on earth by a holy life. You, who worked miracles in the presence of the pope on earth, obtain for us the graces we need, now that you stand in the presence of the most high God in Heaven.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.



## Day Eight

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

Valiant Saint Clare, who fearlessly stood alone against the barbarous Saracens, trusting in the Blessed Sacrament as your only protection, enkindle in us a tender love for Jesus Christ; help us to live Eucharistic lives. You who saved your city of Assisi from plunder and ruin, protect our city and archdiocese, plead for our beloved country and the suffering world. A voice from the Sacred Host rewarded your trust with a promise: "I will always take care of you." Glorious Saint Clare, from your high place in Heaven, take care of us now in our earthly needs and guide us by your light to Heaven.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Day Nine

O most Holy Trinity, Father, Son and Holy Spirit, we praise your Holy Name and the wonders of grace you worked in your servant, Saint Clare. Through her powerful intercession grant us the favours we beg in this novena, above all the grace to live and die as she did in your most Holy Love.

**Amen**

Gracious Saint Clare, who fulfilled your womanhood by a life of love in prayer and penance, help us to fulfill our destiny that we may one day greet you in Heaven. You who were consoled at your death by a vision of Christ and His Mother, obtain for us the grace that we may die under the special protection of God and enter into the life and bliss you now enjoy. Have pity on us who struggle, on us who mourn, and win for us the favours of God so that after this life we may come home to Him who lives and reigns forever and ever.

**Amen**

Pray for us Saint Clare, that we may be made worthy of the promises of Christ.

## Second Novena to Saint Clare

Ask for three favours from Saint Clare, one business related or related to financial matters, and two which are 'impossible'. In front of a lit candle, pray the following:

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**

(x9)

God of mercy you inspired St Clare with the love of poverty by the  
help of her prayers. May we follow Christ in poverty of spirit and  
come to the joyful vision of your glory in the kingdom of heaven. We  
ask this through our Lord Jesus Christ your son who lives and reigns  
with the Holy Spirit, One God forever and ever.

**Amen.**

**OR**

May the Sacred Heart of Jesus be praised, adored, glorified and loved  
today and everyday throughout the world forever.

**Amen.**

Repeat for a total of nine days.



# Advice on Prayer from the Letters of Saint Clare

In her letters to St Agnes of Prague, Saint Clare gave advice and recommendations about different ways of praying. The prayers below are direct quotes from her letters.

## Place Your Mind Before the Mirror of Eternity

Place your mind before the mirror of eternity!  
Place your soul in the brilliance of glory!  
Place your heart in the figure of the divine substance  
And transform your whole being into the image of the Godhead Itself  
through contemplation!  
So that you too may feel what His friends feel  
as they taste the hidden sweetness  
which God Himself has reserved from the  
beginning for those who love Him.

## Gaze Upon Him

Gaze upon Him,  
Consider Him,  
Contemplate Him,  
As you desire to imitate Him.

## Cling to His Most Sweet Mother

Cling to His most sweet Mother who carried a Son Whom the heavens could not contain; and yet she carried Him in the enclosure of her holy womb and held Him on her virginal lap.

## A Prayer to St. Clare for Healing

O Blessed Saint Clare, your life shines like a beacon and casts its light down the ages of the Church to guide the way to Christ. Look with compassion on the poor and humble who call on you for help. As you bow before your Eucharistic Lord in Heaven, speak to Him of my afflicted body and my broken spirit. Ask Him to heal me and to wash away my sins in his precious blood.

Holy and beloved saint, teach me to believe, as you did, that in the Blessed Eucharist I will find Jesus, who has only to say the word that I may be healed.

(Pause and reflect on the power of Jesus to heal us.)

Great servant of Christ, remember the needs of my family and all those I pray for. Defend us from everything that would threaten our Holy Catholic Faith. Hear the cry of the poor and make it a song of intercession rising from your pure heart to the Eucharistic Heart of Jesus, our healer, our Saviour, and our Lord.

**Amen.**

## Prayer to Saint Clare

Glorious St. Clare of Assisi, we honour you for the unfailing faith that made you reject all earthly pleasures, and renounce all of your possessions.

We honour you for your life of extreme poverty and austerity, and for your prayer and penance on behalf of your nuns and the town of Assisi.

Grant us, dear Lady, the same faith, humility, and charity that you have shown toward God and you community.

**Amen.**

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