



A novena is a prayer that is prayed for a specific request for nine days in a row. Praying for one thing over time allows you to go deeper into a state of internal peace and reflection, and really focus on what it is that you are asking for and listen to the feelings that come up around it, which is so useful!

I am incredibly fond of prayer. More than 80% of my clients, even if they aren't particularly religious, have some sort of spiritual beliefs, or are open to them, and studies show that faith contributes to resilience, and may even impact survival, since faith is what gets us through the times when we feel like giving up. When we set our intention to connect with that which is greater than ourselves, we shift our focus away from our little, neurotic ego (which we do need to survive!) and can soften into a larger way of being.

### **Praying the Prayer**

Praying is an incredibly personal practice, and I hope that you use the words offered here as a starting point for your own expression of your soul. Pray whenever and wherever you want to. One tip for making sure that you follow the novena all the way through is to do it as part of a daily routine. If you stack it with breakfast, or bed time, or lunch, for example, it will be easier to remember to do. Another thing that you can do to help you remember is to print out the doc and put it somewhere where you'll see it.

### **Cultivating Receptivity**

Praying is just as much an a practice of receiving as of asking. What does it mean to receive? Well, first and foremost, it means allowing yourself to drop into a deeper state of listening

throughout your day. What internal dialog is coming up? What are you feeling? What are you noticing? Are you seeing signs and symbols throughout the day? This is gold that you'll get out of having a prayer practice, far beyond whatever outcome is achieved.

## Mary Undoer of Knots

### Day 1

Beloved Mary, I come to you with something that's been weighing heavy on my heart - this situation with [specific concern]. Mary, I know you can help untangle life's messiest problems, and I could really use your help with this one.

Like a patient mother helping her child untangle a knotted necklace, I trust you can help smooth out this complication.

Please take this problem into your caring hands and help me find a way through it. I know that with your love and guidance, even the toughest knots can come undone.

As I learn to model your patience and compassion, please watch over me and help me learn as I grapple with this situation.

### Day 2

Dear Mary,

I'm coming to you with a humble heart today. I know I'm not perfect, and I've got this situation that's really weighing on me - [specific concern]. You're known for helping people untangle their problems, and I could really use your loving guidance right now.

You see everything that's going on in my life and in the world, and I trust you understand where to begin or what needs to happen. I'm placing this problem in your caring hands, knowing that no knot is too complicated for you to help unravel. Please help me find my part in this this, and give me the strength to do what I need to do, with patience and love modeled after your example.

Thank you for your love, compassion, and support. Amen.

### Day 3

Dear Mary,

I know you look after everyone in heaven and on earth, and today I really need your help with something. There's this situation - [specific concern]. It's like a knot inside me that I just can't untie on my own.

You're so good at helping your children work through their toughest problems. I'm putting this whole mess in your hands, trusting that you can help me find peace and a way forward. Please show me some signs throughout the day to let me know that you are with me, as I learn to reflect the love you share with me. Amen.

#### **Day 4**

Dear Mary,

I need your help today. This problem [specific concern] is stealing my peace and making it hard for me to feel close to God. You're always so generous with your love, and I know you understand what I'm going through.

Please help untangle this situation that's weighing so heavily on my heart. I trust in your gentle guidance to help me find my way back to peace.

Thank you for listening and caring, and thank you for helping me to know God and love even more deeply through engaging with this situation and this process.

Amen.

#### **Day 5**

Dear Mary,

Here I am, asking your loving wisdom with this problem [specific concern]. You're so good at helping us untangle life's complications, and I could really use your guidance right now.

With your gentle touch and deep understanding, please help me find clarity in this messy situation. I trust you to loosen binds, break snares, and help me to detach from what is not mine or no longer my business.

Thank you for your wise and compassionate support.

Amen.

#### **Day 6**

Dear Mary,

This is the situation [specific concern] that I need your help with. Sometimes I get impatient and worried when things don't change quickly, but I know you work in your own time. Please help me find the patience I need while you help sort this out.

I trust that you understand exactly what I'm going through and know the best way to help. Give me strength to stay hopeful while this knot unravels. Please help me to stay in a place of being present to do my part and also letting go of anything that isn't mine to do. Thank you for your help in clarifying which is which.

Thank you for your loving care.

Amen.

## **Day 7**

Gentle Mary, pure as morning light,

I'm caught in a tangle of shadows today - this situation [specific concern] that feels like a dark knot in my heart. Like a child bringing a hopelessly knotted shoelace to their mother, I bring this problem to you.

Your hands are so skilled at smoothing life's tangles, at bringing light where there's darkness. Please help untie this knot that's binding me, and show me the way to work back to peace.

Like sunshine breaking through storm clouds, guide me through this darkness.

With hope and trust, Amen.

## **Day 8**

In the holy name of love and light,

Sweet Mary, your mercy flows like a gentle stream, Washing over all who come to you in need. Today I bring you this tangled thread [specific concern] That's woven its way through my life's tapestry.

Like a mother's patient hands untangling her child's knotted necklace, Your loving touch can smooth what seems impossible. Take this situation that's binding my heart, And with your infinite grace, help set me free.

With trust in your tender care, Amen.

## Day 9

Dear Mary, my heart overflows with gratitude today. Like a mother who stays up all night with a worried child, you were there through all those hard moments. Your gentle touch smoothed away the tangles that had me tied up in knots.

When tears clouded my eyes, you wiped them away with such tender care. You held me close when everything felt like it was falling apart. Your love wrapped around me like a protective shield, bringing me back to a place of peace when I felt lost.

Keep watching over me with your gentle eyes, lighting my way forward like stars in a dark sky. Thank you for being so patient with my worries, for understanding without judgment, for helping me find my way back to hope.

With a grateful heart, Amen.

Thanks for joining me in this prayer! Lots of love,

*Marian Spurgeon*