



## **NOVENA TO SAINT JOHN OF THE CROSS**

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# INTRODUCTION

Saint John of the Cross (1542–1591) was a Spanish mystic, poet, and theologian, renowned for his profound spiritual writings and his role in the reform of the Carmelite Order.

Born Juan de la Cruz in the town of Fontiveros, Spain, John entered the Carmelite Order at the age of 21.

Saint John's works, particularly *The Dark Night of the Soul* and *The Ascent of Mount Carmel*, explore the stages of spiritual purification, the nature of divine love, and the importance of detachment from worldly desires. He emphasized the necessity of suffering in the Christian life as a means of drawing closer to God and achieving spiritual enlightenment. His writings have had a lasting impact on Christian mysticism and are considered central to the understanding of contemplative prayer.

In addition to his spiritual contributions, Saint John of the Cross is remembered for his role in the reform of the Carmelite Order, along with Saint Teresa of Ávila, advocating for a return to the original ideals of the Order: a life of prayer, poverty, and strict observance of the rule. Despite facing opposition and hardships, including imprisonment by his fellow Carmelites, John remained committed to his vision of a deeper, purer religious life.

Saint John of the Cross was canonized by Pope Benedict XIII in 1726 and was declared a Doctor of the Church in 1926 for his contributions to Catholic theology and spirituality. His feast day is celebrated on December 14. His writings continue to inspire those seeking to grow in their relationship with God through prayer, suffering, and a life of profound inner transformation.

In this *Novena to Saint John of the Cross* from Holy Rosary Today, you will find prayers for each day. If you would like to receive the daily novena prayers by email, please sign up at [www.holyrosarytoday.com](http://www.holyrosarytoday.com).

## **DAY 1: DECEMBER 5 - UNWAVERING FAITH**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

My glorious Father, St. John of the Cross, who, through your deep love for Mary and for the cross of her divine Son, became the protector of suffering souls, I humbly ask you to intercede for me. Obtain, I beseech you, from Jesus and Mary an unshakable faith and a love for the cross that is so profound and courageous that no hardship or misfortune will ever separate me from the love of my God.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 2: DECEMBER 6 - SPIRIT OF PENITENCE**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

Glorious St. John of the Cross, you preserved the purity of your baptismal innocence with unwavering brilliance, even to death, while embracing the most severe and persistent penance. In honor of this crucifying love, I humbly ask you to intercede for me, that I may share in your mortified and penitential life. Grant me the grace, even in this world, to atone for my sins, purify my soul, and grow in merit, so that I, too, may one day share in the glory of heaven with you.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 3: DECEMBER 7 - HOLY ENLIGHTENMENT**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

O my beloved Father, St. John of the Cross, your constant prayer earned you the title of Ecstatic Doctor, and you were blessed with special graces in guiding and directing souls. I humbly ask for your intercession to enlighten my soul and instill within me a deep love for holy meditation. May I, detached from earthly distractions, come to love God above all and desire heaven as my only true longing.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 4: DECEMBER 8 - HOLY PATIENCE**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

Great St. John of the Cross, model of patience and generosity, for the glory of God and the spread of the holy reform of Carmel, you endured great trials and undertook heavy labors, finding joy in suffering, just as St. Paul did. I ask you to intercede for me, that our Lord may grant me the grace of unwavering patience in adversity. Through this grace, may I glorify God, purify my soul of every stain, grow in the practice of solid virtue, and, at last, receive the crown promised to those who suffer for the love of God.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 5: DECEMBER 9 - PROTECTION FROM TEMPTATION**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

Dear St. John of the Cross, you exercised dominion over the powers of hell, compelling them to release the souls and bodies of their victims. I ask for your compassion and intercession. Please pray that God preserve me from the temptations and deceptions of these wicked spirits, not only throughout my life but especially at the hour of my death. May I persevere to the end in His grace and love, and, with you, possess Him forever in the joy of His eternal presence.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 6: DECEMBER 10 - PURITY OF SOUL AND BODY**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

Great St. John of the Cross, honored by our Lord and the glorious Virgin, His mother, in reward for your angelic life and the precious gift of chastity, you converted many souls enslaved by the most shameful passions. I humbly ask you to obtain for me a share in this priceless gift, that, pure and chaste in both soul and body, I may reach heaven, where nothing stained may enter, and where choirs of virgins follow the Lamb wherever He goes.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.



## **DAY 7: DECEMBER 11 - HUMILITY**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

Blessed Father St. John of the Cross, in you was united the deepest humility with the most profound knowledge of God's ways. I ask you to obtain for me true humility of heart, that I may come to love humiliation and contempt. By turning away from worldly vanity, may I, like you, learn to value only God and the eternal riches of heaven.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 8: DECEMBER 12 - COMFORT IN AFFLICTION**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

St. John of the Cross, my glorious protector, during your lifetime you were the father of the poor, the consoler of the afflicted, and a sure refuge for the suffering. You worked miracles of charity for all, miracles that continue even now through your holy images and relics. I humbly ask you to be my consoler and father as well. Comfort me in my sorrows and help me to see in every cross a sign of divine mercy, that through the cross, I may one day attain the glory of heaven.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

## **DAY 9: DECEMBER 13 - HOLY ABANDONMENT**

### **OPENING PRAYER**

O glorious St. John of the Cross, you embraced the path of Jesus crucified with a pure and fervent desire, longing to share in His sufferings, humility, and rejection. In your noble heart, you found joy amidst the most painful trials and afflictions, trusting fully in the redemptive power of the cross.

St. John, by the glory you now enjoy as a reward for your steadfast endurance, I humbly ask for your intercession. Obtain for me the grace to love and accept the trials and challenges of life, and grant me the strength and courage to bear them with unwavering faith and trust in God's will.

O dear Saint, from your place in eternal glory, hear my prayers. Help me to follow your example of love for the cross, so that one day I may share in the joy of heavenly glory with you. Amen.

### **DAILY PRAYER**

O my loving Father, St. John of the Cross, to more perfectly imitate our Lord, you generously renounced every consolation, even the spiritual, and prayed to suffer and be despised for God's sake. You ultimately died in suffering, rejoicing in being condemned by men. I humbly ask you to obtain for me the grace of total abandonment to the Will of God, that, placing all my joy and hope in the passion of my Savior, I may, at last, rest eternally with you in His glory.

Obtain for me also the special grace I ask through your intercession during this novena if it is for the glory of God and my salvation.

*[Mention your personal intentions here.]*

*Our Father, Hail Mary, Glory Be... 3x*

### **CLOSING PRAYER**

O glorious St. John of the Cross, through your unwavering faith, profound humility, and deep love for God, you faithfully followed Christ in His passion, embracing suffering for the salvation of souls. Obtain for us the grace to live with the same devotion, purity, and courage that you exemplified. Help us to remain steadfast in the face of trials, placing our trust in God's will above all else. May your example of holiness inspire us to seek the eternal joys of heaven, where we will one day join you in the presence of our Savior. Amen.

# ABOUT HOLY ROSARY TODAY



Holy Rosary Today's mission is to foster prayer and spiritual growth within the online Catholic community. In addition to our online work, we give Rosaries, teach catechism classes on how to pray the Rosary, and learn more about Our Lady of Fatima.

## **How Can You Help?**

We often receive inquiries from supporters asking how they can assist our mission. It sincerely warms our hearts when people reach out to us wanting to offer support.

Here are some ways in which you can help (if willing):

1. *Pray for our mission.* As with every Christian organization, the devil hates us and seeks our demise.
2. *Pray for us as individuals.* We especially ask for your prayers for the grace of humility and a spirit of servitude.
3. *Tell others about us.* It is becoming increasingly difficult to be discovered on YouTube and other social media platforms.
4. *Invest in our mission.* Though we do not ask for monetary gifts, any gifts we receive are used for our expenses.

A gift can be made using Donorbox.

## **Have a Question?**

We welcome any questions you may have.

Please email us at: [contact@holyrosarytoday.com](mailto:contact@holyrosarytoday.com)