



**NOVENA**  
**for THE IMMACULATE**

*MARY, THE PILGRIM,  
WOMAN OF HOPE*

***November 29 - December 7 - 2024***

## **Introduction**

The image of Mary as a pilgrim invites us to consider her life as a unceasing journey towards God. Precisely in the mysteries and sufferings she encountered, Mary always maintained an unshakable faith and a living hope. Her pilgrimage was a journey of listening to the Word of God, of accepting the divine will and of service to others.

Mary, as a good mother, is close to us, so that we never lose courage in the face of life's adversities, our weakness and our sins. It is she who gives us strength and shows us the way to her Son.

## **Holy Spirit hymn**

---

### **Day 1 - MARY MODEL OF FAITH FOR BELIEVERS**

---

Mary's first encounter with God is a moment of deep faith. Faced with the announcement of the angel Gabriel, Mary welcomes the divine will with humility and trust, pronouncing her "Here I am". Mary is the first believer, the one who first welcomed the Good News of the Incarnation. Her faith is a gift from God, but it is also a free and conscious response, a perfect example of how to live faithfully and authentically. Her "Yes" to the angel is an invitation to respond generously to God's call.

## **Word of God - Lk 1:26-38**

### **Song**

#### ***Today I...***

*What was my "Here I am"?*

*Have I answered generously to God's call?*

### **Brief moment of silence and sharing**

## Prayer

O Mary, model of faith for all believers,  
you have not doubted that the promises of God  
made to Abraham and his descendants, would be fulfilled;  
you have welcomed the Angel's announcement in your heart  
and you conceived the Word in your flesh,  
giving a human face to the eternal Son of God;  
accompany and support us on the journey of faith,  
so that we may never question the love God has for us  
and that He sowed in our lives. Amen.

**Action:** Let's write down an aspect of our life of faith on a piece of paper  
and place it on the altar.

## Final Song

---

## Day 2 – MARY, TRAVELING COMPANION

---

Mary is not only a historical or devotional character, but she is an authentic traveling companion for every believer. Mary is the ideal companion to face the journey of life: she helps us not to get discouraged in the face of trials and shows us the way to reach the final goal. Mary is always at our side, in every moment of our lives, both in those of joy and in those of suffering. Her life, marked by faith and obedience to God's will, is an example for all of us and invites us to live our lives to the full and with courage. Mary shows us the way to go, helps us overcome difficulties and supports us in moments of weakness.

## Word of God – Lk 1:39-45

## Song

## Today I...

*Where, today, have I welcomed the other as a gift; where have I rejoiced for others without judgment or envy; when have I generated authentic relationships and have I collaborated with God present in each one?*

## **Brief moment of silence and sharing**

### **Prayer**

Mary, traveling companion,

Walk with us!

Teach us to proclaim the living God;

help us to witness Jesus, the only Saviour;

make us helpful to our neighbor,

welcoming to the needy,

workers for justice,

passionate builders

of a more just world;

Intercede for us who work in this time

certain that the Father's plan will be fulfilled.

Amen.

**Action:** We commit ourselves to make a gesture that gives joy and hope to a sister.

### **Final Song**

---

## **Day 3 - MARY IS OUR CONSTANT GUIDE ON THE JOURNEY OF LIFE**

---

Mary is a model of life, an inspiration for all of us who are looking for a point of reference and a spiritual guide. For the journey of our life, the first thing Mary teaches us is to trust in God even without understanding everything. In her "yes", in her entrustment to the word of God there is an example for all of us: *"God always surprises us on our journey, breaks our patterns, puts a strain on our plans, and tells us: trust me, do not be afraid, let yourself be surprised, come out of yourself and follow me!"*

### **Word of God - Jn 2:1-11**

#### **Song**

#### **Today I...**

*On my life journey, do I allow myself to be surprised by God, as Mary did, or do I close myself in the security of my projects?*

*How can my vocation in living "what he will tell you" be concretized in the mission and in the small gestures of every day?*

### **Brief moment of silence and sharing**

#### **Prayer**

O Mary, star of the sea,  
you who followed Jesus with a trusting heart,  
teach me to walk in your footsteps.  
Help me to overcome the storms of life,  
to keep the faith alive in my heart.  
May I always count on your motherly love. Amen.

**Action:** Let's share how Mary has been a guide and inspiration on our journey

#### **Final Song**

---

## **Day 4 – MARY, A TENDER AND STRONG MOTHER**

---

Mary is a model of motherhood that combines tenderness and strength: her tenderness is first and foremost associated with her role as a mother. The image of Mary cradling the Child Jesus is a universal symbol of maternal love, protection and care. Mary's gentleness is a distinctive trait of her personality and she is described as a humble, meek and patient woman, a model of virtue for all believers.

Mary's strength is manifested in her participation in the sorrows of her Son and of humanity, and the depiction at the foot of the Cross is a symbol of shared suffering and total solidarity.

She accepted her mission with humility and determination, even in the face of adverse circumstances. Mary's resilience is evident in her ability to overcome adversity and find comfort in prayer and meditation.

#### **Word of God - Lk 2:34-35**

#### **Song**

## **Today I....**

*How can I be a mother of tenderness in a world where violence and indifference predominate?*

*How do I care for and protect those the Lord has entrusted to me?*

## **Brief moment of silence and sharing**

### **Prayer**

Holy Mary, tender and strong Mother,  
our traveling companion on the roads of life,  
Every time we contemplate  
the great things the Almighty has done in you,  
we feel such a vivid melancholy for our slowness,  
that we feel the need to lengthen the pace  
to walk close to you.  
Therefore, satisfy our desire  
to take you by the hand, and speed up our rhythm  
of slightly tired walkers.  
We too have become pilgrims in the faith,  
not only shall we seek the face of the Lord,  
but, we will contemplate you as an icon of  
human solicitude for those in need. Amen

**Action:** Now let's take a heart from the basket, to remind us that our heart must be like Mary's.

## **Final Song**

---

## **Day 5 – MARY, SYMBOL OF THE PILGRIM CHURCH**

---

Mary, as a symbol of the pilgrim Church, represents not only a model to follow, but also a living presence in the journey of every Christian. Both Mary and the Church are called to walk an earthly journey, a pilgrimage to the heavenly homeland. Mary, the first disciple, lived this condition to the full, following Jesus during his earthly life and sharing his passion and death. Just as Mary firmly believed in God's promises, despite

difficulties and trials, so the Church is called to live the challenges of the world in faith and hope; Mary, Mother of Jesus and Mother of the Church, is the bond that unites all the baptized.

The Church, on her journey, is called to dialogue with the world, with other cultures and religions. The image of Mary, as a symbol of the pilgrim Church, is an important key to understanding the mystery of the Church and our personal Christian vocation.

It invites us to live our faith in a dynamic and missionary way, always on the way to full communion with God.

## **Word of God – Lk 11:27-28**

### **Song**

#### **Today I....**

*In my mission, how have I been able to listen and how do I now commit myself to dialogue with different religions and cultures?*

### **Brief moment of silence and sharing**

**Action:** Symbols are brought to the altar that remind us that the Church is called to dialogue with the world, with other religions and cultures.

### **Prayer**

O Mary, our Mother,  
you who first walked the streets of the world,  
carrying in your womb the hope of salvation,  
grant that we too, pilgrims on earth,  
can follow in your footsteps. Guide our steps,  
help us to be witnesses of your Son Jesus in the world,  
bringing the light of the Gospel to those we meet.  
Grant that our Church, pilgrim in this world,  
may one day reach the promised goal,  
the fullness of eternal life. Amen.

### **Final Song**

---

## Day 6 - MARIA SURE HOPE IN THE MIDST OF TRIALS

---

The role of Mary, the Mother of God, is a source of comfort and hope, especially in the most difficult moments of life. Like every mother, Mary lives a deep and unconditional love for her children, and as the Mother of God, her love extends to all humanity.

In times of trial, we can turn to her as a loving mother, certain that she will intercede for us with her Son. Mary, woman of hope, is a precious gift for the Church and for every believer. Turning to her with trust means opening ourselves to divine consolation and finding the strength to face the trials of life.

### **Word of God - Jn 19:25-27**

#### **Song**

#### **Today I....**

*How can I be a seed of hope for people who are in difficulty?*

*I remember an experience of hope I lived today.*

#### **Brief moment of silence and sharing**

**Action:** We pour a little water into the plant next to the altar, as a gift of shared life

#### **Prayer**

O Mary, Mother of Hope,

In this moment of trial,

I turn to You with all my heart.

I entrust my fears and anxieties to you,  
and I surrender myself to Your protection.

Give to me and to all those who suffer,  
the strength to face difficulties,

and the certainty that you will never abandon us. Amen.

#### **Final Song**



---

## Day 7 – MARY, MOTHER OF THE CHURCH

---

This title goes beyond being the mother of Jesus: Mary, by divine will, becomes the spiritual mother of all believers. She is the one who generates us to new life in Christ and accompanies us on our journey of faith. The figure of Mary, as Mother of the Church, emphasizes the unity of the Church herself, regardless of different cultures, traditions and languages. All the baptized are children of God and brothers in Christ, united under the maternal gaze of Mary.

The word of God reminds us of the Upper Room as the place where the new family was born, the Church, made up of the Risen Jesus: a family whose Mother is the Virgin Mary. To this great family belong all the children of God of every people and language, all brothers and children of the one Father who is in heaven. This is the horizon of the Upper Room, the horizon of the Risen One and of the Church: from here the Church that goes forth, animated by the vital breath of the Spirit, starts. Recollected in prayer with the Mother of Jesus, she always relives the expectation of a renewed outpouring of the Holy Spirit

### **Parola di Dio - Atti 1, 12-14**

#### **Song**

#### **Today I....**

*How can I foster unity in my multicultural community?*

#### **Brief moment of silence and sharing**

#### **Prayer**

O Mary, Mother of the Church,  
you who have received the Word of God  
and you have kept it in your heart,  
grant that we too may know how to listen to his voice  
and follow his teachings.

You who accompanied Jesus on his earthly journey,  
be our guide and support on our pilgrimage  
to eternal life.

You who are the Mother of believers,

intercede for us with your Son,  
so that He may give us the grace to live in communion with Him  
and with His brothers. Amen.

**Action:** I take a card with the name of a Mission and I commit myself to support it through my prayers.

### **Final Song**

---

## **Day 8 – MARY IMMACULATE, WOMAN OF HOPE**

---

Hope in salvation: Mary reminds us that salvation is possible for everyone, thanks to the sacrifice of her Son Jesus Christ.

Hope for the future: Mary is often invoked as the "Star of the Sea", a sure guide who points the way to eternal salvation.

Her character gives us hope for the future and encourages us to persevere in faith: in times of difficulty; Mary is a source of comfort and hope. Her intercession helps us to overcome trials and to regain trust in God.

### **Word of God - Genesis 3:9-15.20**

### **Song**

### **Today I....**

*What can I learn from Mary Immaculate? Do I live the same attitudes of faith, obedience and hope as she did?*

### **Brief moment of silence and sharing**

### **Prayer**

*Holy and Immaculate Virgin,*

to you, who are the honor of our people, we turn with confidence and love.

You are the All-Beautiful, O Mary!

The Word of God in You became flesh.

Help us to remain attentive to the voice of the Lord:

may the cry of the poor never leave us indifferent,

and those in need do not find us distracted,  
may every human life  
always be loved and venerated by all of us.  
Listen to our prayer, hear our plea:  
may the beauty of God's merciful love in Jesus be in us,  
may this divine beauty save us and the whole world. Amen.

**Action:** Each one of us offers a gesture of love and homage to Mary,  
woman of hope.

**Final Song**