

## NOVENA TO ST FRANCIS DE SALES - DAY 1

### Meditation

*There is no clock, no matter how good it may be, that doesn't need resetting and rewinding twice a day, once in the morning and once in the evening. In addition, at least once a year it must be taken apart to remove the dirt clogging it, straighten out bent parts and repair those worn out. In like manner, every morning and evening a person who really takes care of his heart must rewind it for God's service by means of certain practices of piety. At least once a year he must take it apart and examine every piece in detail; that is, every affection and passion, in order to repair whatever defects there may be. (INT. Part 5, Ch. 1; O. III, p. 340)*



### Prayer

O blessed Francis de Sales, who on earth did excel in a life of virtue, especially in the love of God and neighbour, I earnestly ask you to take me under your compassionate care and protection. Obtain for me conversion of mind and heart. Grant that all people, especially (*names of those whom you wish to include*) may experience the depth of God's redeeming and healing love. Teach me to fix my eyes on the things of heaven even as I walk each day with my feet planted firmly on the earth. Help me, through the practice of virtue and the pursuit of devotion, to avoid anything that would otherwise cause me to stumble in my attempt to follow Christ and to be an instrument of the Holy Spirit. Encouraged by your prayers and example, help me to live fully my sacred dignity with the hope of experiencing my sacred destiny: eternal life with God. Receive also this particular need or concern that I now lift up in prayer. (*Mention your particular need*). O God, for the salvation of all, you desired that St. Francis de Sales—preacher, missionary, confessor, bishop and founder—should befriend many along the road to salvation. Mercifully grant that we, infused with the humility and gentleness of his charity, guided by his wisdom and sharing in his spirit may experience eternal life.

We ask this through Christ our Lord. Amen.

*St. Francis de Sales, pray for us.*

*Live Jesus! In Our Hearts*