

*If a Witness Couple:* Dear Father, I pray that I may follow the guidance of St. Francis of Assisi – and *preach the Truth daily and, if necessary, with words.* On those days that we agree to witness, use us as the instrument of Your Holy Spirit. May our words be Your words.

*If not a Witness Couple:* I pray, too, for each Witness Couple who will testify in a personal manner for the benefit of others. May their words be guided by the Holy Spirit and through Him touch the hearts of those who attend the Seminar.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Seven:** Dear Father, please increase the number of couples willing to witness to the Natural Family Planning lifestyle. May more NFP-practicing couples answer Your call to speak to others about their decision to plan their family according to Your Will.

I pray, too, that future Witness Couples see the value of their witness. May an ever greater number of witnesses come forward so that others will hear the value of the NFP lifestyle.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Eight:** Dear Father, thank You for the families that You have blessed with Natural Family Planning. Thank You for the gifts that this lifestyle provides—the gifts of increased communication and willingness to sacrifice for the greater good of others—which help to safeguard their marriage from divorce. Thank You for constantly continuing the spiritual process of becoming more open to Your Will.

I pray, too, for greater humility. Help me to remain steadfast to the one true Way. Dear Father, grant abundant graces to strengthen me and protect my family all the days of our lives. Help me to rely ever more on You.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Nine:** Dear Father, through Natural Family Planning we have come to appreciate that we should never use another person for our own self-gratification.

I pray, too, for an increase in the grace needed to bring this knowledge full-circle, so that all may appreciate the sanctity of all human life. In a world that is pushing the limits of medical science and rewriting the standards of ethical behavior, please grant us the courage to defend the helpless, the marginalized, the handicapped, the unborn and the elderly.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Closing prayer:**

Dear Heavenly Father, we come to You with these petitions in full faith and complete trust that You will mercifully hear our prayer. Grant these petitions, if it be Your Will, so that more people may be drawn to You and live a life with You as its center. We ask this through Your Son, Our Lord, Jesus Christ.

Our Lady of Guadalupe, pray for us. Amen.

**Diocese of Rockford**

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**Diocese of Rockford**

**NOVENA FOR  
NATURAL  
FAMILY  
PLANNING**

*NFP week highlights the anniversary of the papal encyclical *Humanae Vitae* (July 25) and marks the feast of Saints Joachim and Anne (July 26).*



**Please join us in prayer for a greater respect for human sexuality and fertility.**

***Please join the Respect Life Office, its NFP Instructors, Witness Couples, PRLCs, prayer partners, and friends in nine days of prayer (and fasting, if possible) for the following petitions:***

*Being in communion with the teaching of the Church and our Holy Father, Pope Benedict XVI, we implore of You Our Father these petitions to generate a greater trust in Your Benevolent Will, through the intercession of Our Lady of Guadalupe, Patroness of the Unborn and our Patroness of Respect Life.*

**Day One:** Dear Father, grant the graces needed to further Your Church's teachings on Natural Family Planning. Open the hearts and minds of your people that they may choose to live chaste lives in harmony with Your Will.

I pray, too, for an increase in those virtues that You alone know I need most.

*For those who are married:* Strengthen my marriage, so that my spouse and I may be living examples of a chaste and holy marriage for Your greater glory and the salvation of souls.

*For those who are single:* Grant me the strength to live a chaste and holy life so that through my example others may be attracted to You.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Two:** Dear Father, grant an abundance of grace to fight the contraceptive mentality that pervades the world in which we live. Through the power of the Holy Spirit, speak through the Diocesan Instructors of Natural Family Planning. May Your Holy Truth regarding the value of each spouse and the gift that is every child be taught to *all who can hear*.

I pray, too, for a greater awe for Your creation. Dear Creator of us all, how can we not recognize that You have given us all that we have – and that without You there would be nothing at all? Remove from us all arrogance and pride so that we may serve others willingly and mirror Your love in our love for one another.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Three:** Dear Father, thank You for the wisdom of our Bishop, Thomas G. Doran, who mandated that all engaged couples take part in a Natural Family Planning Seminar in preparation for marriage. In doing so, Your bishop stressed the importance of teaching the Church's truth and its necessity when preparing a couple for the Sacrament of Matrimony.

I pray, too, for the success of every marriage. Oftentimes, couples get caught up in the fantasy of the "perfect wedding day" and do not place a priority on preparing for their lifetime together. May the engaged and married couples who participate in these Seminars come to a greater appreciation of each other, of their fertility, and of the Natural Family Planning lifestyle. And, if it be Your Will, may they continue their education in NFP and plan their family with You as its foundation.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Four:** Dear Father, thank You for the instructor couples that teach Natural Family Planning in the Rockford Diocese. Grant to their homes the peace and unity needed to continue Your work. Guide them and guard them, keeping them especially close to Your Most Precious Son and to His Sacraments.

*If an Instructor:* I pray, too, for a greater appreciation of my role as a "sower of the seed" of the truth of the NFP lifestyle. Help me not to despair when the seed falls on hard ground. Instead, encourage me in prayer for every couple that has heard the truth and all those who are in need of hearing it.

*If not an Instructor:* I pray, too, that each instructor couple grow in competence, integrity, and reputation so that married couples will be encouraged to seek their assistance.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Five:** Dear Father, please increase the number of couples willing to be instructor couples. Grant to our Diocese couples who are faithful to the Church's teachings, living in a chaste marriage, and willing to be trained to be an instructor couple. Call those who lovingly exemplify Your Will in their lives.

I pray, too, for God's protection to cover all who are willing to teach in His Name. May they never be the cause of scandal nor suffer detraction. Through their instruction may marriages be strengthened and holy families flourish.

Conclude by praying one Our Father, one Hail Mary, and one Glory Be.

Our Lady of Guadalupe, pray for us.

**Day Six:** Dear Father, thank You for the Witness Couples that testify to the value of living the Natural Family Planning lifestyle at the Seminars. Grant to these witnesses the ability to speak the truth to all couples, to live the truth in chaste and holy marriages, and to spread the truth through their everyday lives.