

# ST. DYMPHNA

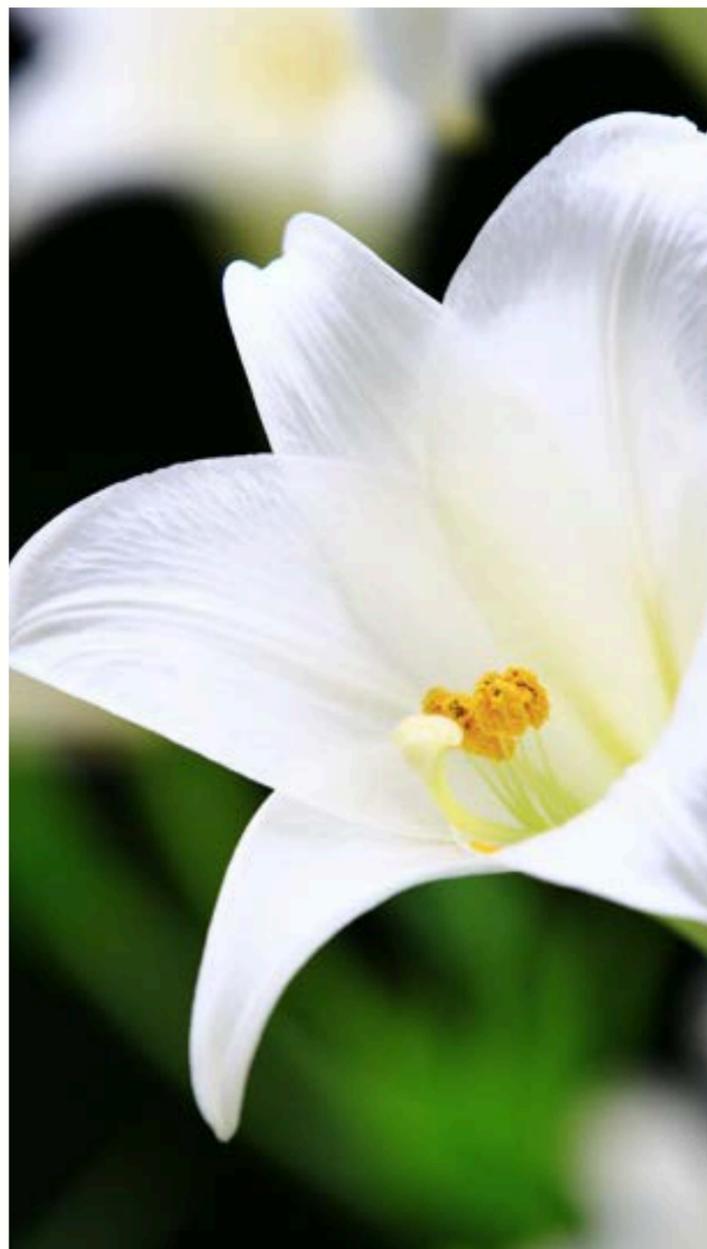
NOVENA

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OFFICE OF  
**Marriage &  
Family Life**

 Diocese of Colorado Springs



# St. Dymphna Novena

Join us in praying during the nine days leading up to St. Dymphna's feast day on May 15!

The intention of this novena will be for those in our parishes and diocese who suffer from mental illness and mental health challenges.

We invite you to pray in particular for anyone you may know who struggles with mental health.

**St. Dymphna's Feast Day: May 15**  
***Novena begins on May 7***





# Who is St. Dymphna?

St. Dymphna was an Irish princess born during the 7th century. When she was fourteen years old, her mother died. In his grief, her father suffered what appears to be a severe mental health crisis and wanted to marry his daughter because of her resemblance to her mother. Dymphna was repulsed by her father's advances and fled to the city of Geel in Belgium. Her father tracked her down and beheaded Dymphna when she refused him yet again. She is venerated as a saint and martyr.

She is the patroness of those with mental afflictions because of the suffering caused by her father's mental illness.

N O V E N A

# DAY 1

## **For those who suffer from mental illness and mood disorders**

O God, we humbly beseech You through Your servant, St. Dymphna, who sealed with her blood the love she bore You, to grant relief to those who suffer from mental afflictions and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
St. Dymphna, patroness of those who suffer mental affliction, pray for us.  
St. Dymphna, beloved child of Jesus and Mary, pray for us.  
Our Father ... Hail Mary ... Glory Be ...





N O V E N A

## DAY 2

**For those who suffer from depression and anxiety**

O God, we humbly beseech You through Your servant, St. Dymphna, who sealed with her blood the love she bore You, to grant relief to those who suffer from mental afflictions and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
St. Dymphna, patroness of those who suffer mental affliction, pray for us.  
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Our Father ... Hail Mary ... Glory Be ...

N O V E N A

# DAY 3

## For those with addictions

O God, we humbly beseech You  
through Your servant, St. Dymphna,  
who sealed with her blood  
the love she bore You,  
to grant relief to those  
who suffer from mental afflictions  
and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
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N O V E N A

# DAY 4

**For those experiencing profound loneliness  
and isolation**

O God, we humbly beseech You  
through Your servant, St. Dymphna,  
who sealed with her blood  
the love she bore You,  
to grant relief to those  
who suffer from mental afflictions  
and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.

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N O V E N A

# DAY 5

## For those who feel trapped in mental anguish

O God, we humbly beseech You  
through Your servant, St. Dymphna,  
who sealed with her blood  
the love she bore You,  
to grant relief to those  
who suffer from mental afflictions  
and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
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St. Dymphna, beloved child of Jesus and Mary, pray for us.  
Our Father ... Hail Mary ... Glory Be ...





N O V E N A

# DAY 6

## **For those who experience thoughts of self-harm and suicidal ideation**

O God, we humbly beseech You  
through Your servant, St. Dymphna,  
who sealed with her blood  
the love she bore You,  
to grant relief to those  
who suffer from mental afflictions  
and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
St. Dymphna, patroness of those who suffer mental affliction, pray for us.  
St. Dymphna, beloved child of Jesus and Mary, pray for us.  
Our Father ... Hail Mary ... Glory Be ...

N O V E N A

# DAY 7

**For providers who offer mental, spiritual, psychological, and physical healthcare to individuals with mental illness**

O God, we humbly beseech You through Your servant, St. Dymphna, who sealed with her blood the love she bore You, to grant relief to those who suffer from mental afflictions and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
St. Dymphna, patroness of those who suffer mental affliction, pray for us.  
St. Dymphna, beloved child of Jesus and Mary, pray for us.  
Our Father ... Hail Mary ... Glory Be ...





N O V E N A

## DAY 8

**For family members and friends of those with  
mental illness**

O God, we humbly beseech You  
through Your servant, St. Dymphna,  
who sealed with her blood  
the love she bore You,  
to grant relief to those  
who suffer from mental afflictions  
and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
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Our Father ... Hail Mary ... Glory Be ...

N O V E N A

# DAY 9

**For churches to be welcoming spaces for those with mental illness to encounter and experience the hope and healing of Christ**

O God, we humbly beseech You through Your servant, St. Dymphna, who sealed with her blood the love she bore You, to grant relief to those who suffer from mental afflictions and nervous disorders, especially...

(Name the afflicted person here.)

St. Dymphna, martyr of purity, pray for us.  
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# CONCLUDING PRAYER

We ask you, Lord, to hear the prayers of St. Dymphna on our behalf. Grant patience in suffering, hope in despair, strength in trial, and companionship in loneliness to all those for whom we pray. Please fill them with consolation and grant them the healing of Jesus Christ, our Prince of Peace.

**Amen.**



# Let's always remember:

Whoever suffers mental illness always bears God's image and likeness, and has an inalienable right to be considered a person and treated as such.

**-Pope St. John Paul II**

[LEARN MORE](#)



# Additional Resources

**The Lord is near to the brokenhearted, and saves the crushed in spirit.**

**-PSALM 34:18**

- [Diocese of Colorado Springs - Mental Health Resources](#)
- [Association of Catholic Mental Health Ministers](#)
- [Catholic Therapists](#)
- [Suicide and Crisis Lifeline](#)

