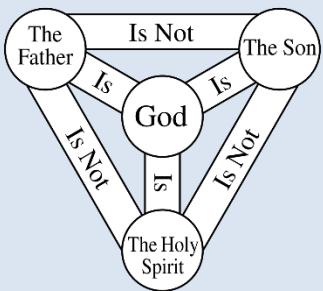




HOLY TRINITY NOVENA

May 23rd – May 31st, 2026



Holy Trinity Novena

The **Holy Trinity Novena** is a nine-day Catholic devotion dedicated to honoring the mystery of the Father, Son, and Holy Spirit — one God in three Divine Persons. Like all novenas, its structure stems from the earliest Christian tradition of nine days of prayer, modeled after the Apostles' waiting period between Christ's Ascension and Pentecost. While the Church has long celebrated numerous novenas for specific feasts or intentions, the Trinity novena developed as a means for the faithful to prepare spiritually for the **Feast of the Most Holy Trinity**, observed on the Sunday after Pentecost.

Historically, the practice of the novena gained popularity in the Middle Ages as laypeople sought ways to deepen their personal piety beyond the liturgy. By the 17th and 18th centuries, devotional manuals began to include prayers specifically invoking the Holy Trinity, emphasizing adoration of the Triune God and thanksgiving for creation, redemption, and sanctification — the work of the Father, Son, and Spirit. Over time, the “Novena to the Most Holy Trinity” became one of the recognized devotions preceding major feasts in the Church’s calendar.

The novena’s prayers reflect classical Trinitarian theology: they address the Father as Creator and source of all, the Son as Redeemer who took on human nature, and the Holy Spirit as Sanctifier who dwells within believers. Through this structure, the devotion invites participants to contemplate each Person of the Trinity while maintaining the unity of God’s nature. It is not centered on petition alone but also on worship, gratitude, and the desire to live in harmony with the divine will.

Today, Catholics may pray the Holy Trinity Novena at any time of the year, though it is most often recited in the days leading up to **Trinity Sunday**. Whether prayed privately or in community, it serves as an opportunity to renew faith in the central mystery of Christianity — one God in three Persons — and to grow in love for the divine life that believers are invited to share.

Day 1 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God. Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day. Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me wisdom so that I may recognize the importance of others and keep God central in my life.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever,

O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 2 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me understanding so that I may grasp the meaning of God's message.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 3 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me knowledge so that I may think about God's revelation and know that there are mysteries of faith beyond my understanding.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 4 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me counsel so that I may know the best way to follow God's divine plan in my life.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 5 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me fortitude so that I may have the courage to do what is right in Your eyes.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 6 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me piety so I may pray to God with real devotion.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 7 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me fear of the Lord so that I may experience the feeling of amazement before God.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 8 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day.

Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me joy so that I may know that all happiness comes from You.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

+ Sign of the Cross

Day 9 – Holy Trinity Novena

+ Sign of the Cross

Glory be to the Father, who created me in the image and likeness of God.

Glory be to the Son, who through his Passion and Cross, triumphed over hell and showed me the way to heaven.

Glory be to the Holy Spirit, who cleansed me of my original sin at Baptism and blesses me with graces every day. Glory be to the Holy Trinity! **Amen.**

O most Holy Trinity, bless me with the gifts of the Holy Spirit. Please give me goodness so that I may be an example of Your goodness in the world.

Stir the hearts of the faithful in the Diocese of Calgary to accept the invitation to follow Christ more deeply, and grant me the courage to extend that invitation to others. May those called to lead in parish renewal be inspired to respond generously, guiding others through their witness of mercy and passion for your Kingdom.

With my voice and my heart, I glorify You, Father, Son and Holy Spirit. You are great and do wonderful things. You alone are my God. All praise and honour and glory are yours now and forever, O most Holy Trinity! **Amen.**

Glory be..

† Sign of the Cross

Prayer of Renewal

Father in heaven,

may the faith you have given us in your son,

Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit,
reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into faithful missionary disciples,

capable of cultivating the seeds of the Gospel in our families and our parishes.

May those seeds transform humanity and the whole cosmos in the sure expectation,
of a new heaven and a new earth, when,

with Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us,

Pilgrims of Hope on the path of renewal,

a yearning for the treasures of heaven.

May that same grace spread the joy and peace of our Redeemer throughout the earth.

To you our God, eternally blessed,

be glory and praise for ever. **Amen**

(Prayer adapted from The Jubilee Prayer, Pope Francis, 2023)