



ST. GABRIEL OF OUR LADY OF SORROWS NOVENA

February 18th – February 26th, 2026



St. Gabriel of Our Lady of Sorrows

It should come as no surprise that, as a member of the Passionist Congregation, Gabriel Possenti had a deep devotion to the sufferings of Christ. His was no morbid or gloomy spirituality, however – following in the footsteps of his holy Founder, St. Paul of the Cross, Gabriel joyfully saw each and every mystery of the Passion as a proclamation of God's infinite love. "Jesus went to excess in order to show us His love," he wrote. "It wasn't necessary that He die. But what would have been enough for justice was not sufficient for love."

A favorite prayer of his was "Vulnera tua merita mea" – "Your Wounds are my merit!"

At Profession, each Passionist receives a special crucifix as a reminder of his or her dedication to Christ Crucified. Father Norbert tells us that Gabriel's Profession Crucifix was especially dear to him, as it constantly reminded him of the love of God "who, while we were yet sinners," chose to die for us. The Eucharist, as the ongoing memorial of the Passion, was especially dear to Gabriel; before the tabernacle, he could adore, truly present, the One Who suffered and died for love of him.

Most importantly, Gabriel's love for the Passion of Christ moved him to accept the sufferings of his own life with a spirit of love and joy. "Whoever does not carry the Cross of Jesus Christ and does not follow Him cannot be His disciple," the young religious wrote to his father. Herein lies one of the great beauties of the Passionist charism: it teaches us that our sufferings, far from being useless, have infinite meaning and worth when united to the Cross of Christ!

Why Pray the St. Gabriel of Our Lady of Sorrow Novena?

St. Gabriel Possenti is the patron saint of students. You can seek his intercession if you are a student, or on behalf of a student you know.

St. Gabriel Possenti is also the patron saint of seminarians. You can ask him for prayers if you are a seminarian. You can also ask him to pray for a seminarian you know.

Additionally, St. Gabriel Possenti is a great saint to seek intercession from if you are having difficulty opening yourself up to God's will in your life, since he struggled greatly with following God's call to the religious life.

Day 1 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the love of You he showed from the time he left his family to pursue his calling to religious life.

St. Gabriel Possenti, you were born into a faithful Catholic family. Despite your upbringing in the Faith, it was many years before you gave yourself fully over to the service of God.

Please bring my petitions before God Who called you to serve Him!

Once you chose to serve God in the religious life, you traveled with your brother to the city where the Passionists were. Then, you devoted yourself faithfully to serving God for the rest of your life.

Pray for me, that I may always do all I can to be a faithful servant of God. Pray that I may be eager to follow His call in my life.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 2 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the virtue he showed in opening himself up to Your will during his city's Marian procession.

St. Gabriel Possenti, you promised God that you would devote yourself to Him in the religious life many times as a young man. Though you failed to carry out this promise initially, you eventually threw yourself wholeheartedly into your vocation.

Please bring my petitions before God Whom you chose to serve!

When an icon of the Blessed Mother passed you in a procession, you knew clearly that you could not avoid God's call any longer. You overcame your worldly inclinations and chose to devote your life to God.

Pray for me, that I may always be open to God's will in my life. Pray that I may overcome myself whenever I am tempted to ignore God's call.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 3 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the devotion to You he showed in choosing to serve You in the religious life.

St. Gabriel Possenti, you attempted to evade God's call to the religious life for many years. But when you surrendered yourself over to God's will for you, you served Him with great faithfulness.

Please bring my petitions before God Whom you served so faithfully!

You entered the Passionist religious order and professed your vows. You intended to become a priest, but you died a holy death before you could be ordained.

Pray for me, that I may carry out the duties of my vocation as faithfully as you did. Pray that I may be eager to carry out God's will for my life.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 4 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the love of You he showed in choosing to prepare for the priesthood.

St. Gabriel Possenti, you entered the Passionist religious order soon after surrendering yourself to God's will for your life. As a Passionist, you did all you could to serve God devotedly.

Please bring my petitions before God Whom you served with such devotion!

You made great strides in your academic and spiritual life as you began your studies for the priesthood. Though you died before you were able to be ordained, you served God with great faithfulness during your time with the Passionists.

Pray for me, that I may do all I can to serve God faithfully. Pray that I may be open to God's will in my life at every opportunity.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 5 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the devotion to You he showed in choosing to enter a religious order devoted to Your Passion.

St. Gabriel Possenti, your desire to enter the Passionist religious order was met with suspicion by your family members because of your lack of devotion in the past. But when you persevered in seeking to enter the Passionists, they realized that you had truly developed a devotion to Christ's Passion.

Please bring my petitions before Christ Whose Passion you sought to honor!

As a Passionist, you grew in holiness and devotion. You set a holy example for those around you and ultimately died a holy death.

Pray for me, that I may grow in my devotion to Christ's Passion. Pray that I may seek to grow in holiness in my vocation, as you did.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 6 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the love of You he showed in his great devotion to Your Mother.

St. Gabriel Possenti, you attended a procession in your city that honored the Blessed Virgin Mary and that sought her intercession. When an icon of Mary passed you, you knew that you could not avoid God's call in your life any longer.

Please bring my petitions before the throne of God!

As a Passionist, you received the name Gabriel of Our Lady of Sorrows. You died while holding an image of Our Lady of Sorrows.

Pray for me, that I may always have recourse to the Blessed Mother. Pray that all people may come to recognize the great gift God has given us in His Mother.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 7 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the virtue he showed in suffering the great pains of tuberculosis with joy.

St. Gabriel Possenti, you contracted tuberculosis not long after entering the Passionist religious order. Though you suffered a lot because of this disease, you never ceased to serve God with joy.

Please bring my petitions before God Whom you served so joyfully!

Your virtue in suffering was apparent to those around you. Even while you were on your deathbed, your brother Passionists wished to spend time with you because of your great virtue and joy.

Pray for me, that I may endure all sufferings with joy. Pray that I may never allow even the harshest trials to deter me from serving God.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 8 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the love of You he showed in fighting his temptations to pride.

St. Gabriel Possenti, you avoided God's call to the religious life during your adolescence. But when you realized that you could avoid God's call no longer, you humbly submitted yourself to His will.

Please bring my petitions before God Whom you chose to serve!

During your time in the Passionist religious order, you composed many spiritual writings. But when your death was nearing, you ordered that these writings be burned so that you could combat your temptations to pride.

Pray for me, that I may grow in humility each day. Pray that I may always fight against the temptation to pride in my life.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Day 9 – St. Gabriel of Our Lady of Sorrow Novena

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

Dear Lord, we thank You for giving us St. Gabriel Possenti as an example of holiness. Help us to imitate the devotion to You he showed in seeking to prepare for a holy death.

St. Gabriel Possenti, you contracted tuberculosis not long after you began studying for the priesthood in the Passionist religious order. Though you knew you might die, you were not afraid because of your trust in God.

Please bring my petitions before God Whom you trusted so deeply!

You asked God to grant that your disease would progress slowly, in order that you might have more time to prepare for death. When the time of your death came, you died peacefully and happily.

Pray for me, that I may live my life with the last things in mind. Pray that I may be given the grace of a holy death when my life comes to an end.

Please also pray for (mention your intentions here).

St. Gabriel Possenti, pray for us!

In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.
