



Mary, Untier of Knots, Johann Georg Melchior Schmidtner, c. 1700 (public domain)

Our Lady, Undoer of Knots Novena

A common prayer and nine daily meditations

Common Novena Prayer

Blessed Virgin Mary, Mother of God and our mother, I place into your hands the knots I cannot loosen by my own strength. Bring this intention to your Son, Jesus Christ, and obtain for me the grace to trust his wisdom, accept his will, forgive where I have been wounded, and take the next faithful step before me.

As you answered God with faith, help me surrender every fear, resentment, and confusion to him. Untie whatever keeps me from loving God and my neighbor, and lead me more deeply into the freedom and peace of Christ.

Mary, Undoer of Knots, pray for me. Amen.

Our Lady, Undoer of Knots Novena Prayer

Begin each day with the Sign of the Cross. Name the knot or intention you are placing before God, read the day's meditation, and then pray the Common Novena Prayer.

Our Lady, Undoer of Knots Novena

Day 1: Trust in God

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

Pause and name your intention.

Mary, place before your Son the knot that weighs most heavily upon me. When I cannot see a way forward, help me trust that God remains present and at work. Obtain for me the grace to surrender fear and to follow Christ one faithful step at a time.

Pray the Common Novena Prayer above.

Day 2: Repentance and Conversion

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

Pause and name your intention.

Mary, help me recognize the sins, habits, and attachments that tighten the knots within my heart. Lead me to honest repentance, a good confession, and a renewed desire to live according to the Gospel.

Pray the Common Novena Prayer above.

Day 3: Forgiveness

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

Pause and name your intention.

Mary, I entrust to you the wounds and resentments I have carried. Ask Jesus to give me the grace to forgive as I have been forgiven, while seeking truth, healing, and appropriate reconciliation.

Pray the Common Novena Prayer above.

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Day 4: Peace in Relationships

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

Pause and name your intention.

Mary, bring the peace of Christ into the relationships troubled by misunderstanding, division, or silence. Help me speak with charity, listen with patience, and seek what leads to genuine peace.

Pray the Common Novena Prayer above.

Day 5: Wisdom in Difficult Decisions

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

Pause and name your intention.

Mary, Seat of Wisdom, intercede for me as I face decisions I cannot easily resolve. Quiet confusion, purify my motives, and help me recognize the path most faithful to God's will.

Pray the Common Novena Prayer above.

Day 6: Patience and Perseverance

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

Pause and name your intention.

Mary, teach me to wait without losing hope when a knot cannot be loosened quickly. Obtain for me patience in suffering, perseverance in prayer, and confidence in God's providence.

Pray the Common Novena Prayer above.

Day 7: Freedom from Sin and Fear

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

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Pause and name your intention.

Mary, place under the victory of Christ every sin, fear, temptation, or destructive pattern that binds me. Help me reject evil, choose what is good, and live in the freedom of a child of God.

Pray the Common Novena Prayer above.

Day 8: Mercy for Others

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

Pause and name your intention.

Mary, enlarge my heart toward those whose lives are burdened by knots greater than my own. Make me attentive to the lonely, the sick, the poor, and all who need compassion, prayer, and practical help.

Pray the Common Novena Prayer above.

Day 9: Gratitude and Surrender

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

Pause and name your intention.

Mary, I thank God for every grace received during this novena, including the graces I cannot yet see. I entrust the outcome of my intention to Christ and ask for the faith to accept his wisdom, timing, and will.

Pray the Common Novena Prayer above.