



Novena to Our Lady of Mount Carmel

O Mary, Our Lady of Mount Carmel, you walk beside us with a mother's care, gently guiding us through life's joys and burdens.

Help us to open our hearts to what is good and true, to listen with compassion, and to act with kindness.

You who stood at the foot of the Cross, be close to all who suffer or feel alone. Bring peace where there is conflict, healing where there is pain, and hope where there is fear.

Teach us to find strength in silence, wisdom in prayer, and love in every small act of goodness.

May your presence remind us that we are never alone, that light shines in darkness, and that love always has the final word.

We ask this through your Son, Jesus Christ, our Lord, who lives and reigns forever and ever. Amen.

On the 9 days before the Feast of Our Lady of Mount Carmel (16 July), we pray for the following intentions for all those in need throughout the world.

The novena can be prayed at any time of the year for these intentions or for your own asking Our Lady of Mount Carmel to intercede and pray with us. You are invited to light a candle each day, reflect with the intention and

prayer, and spend a few moments in silence with Our Lady.

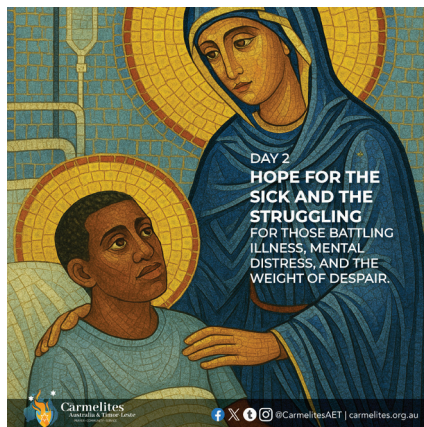
The prayers and images below can be downloaded from our website at carmelites.org.au

DAY 1



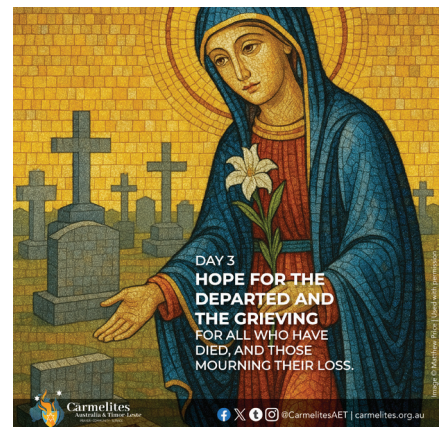
O Mary, Queen of Peace, wrap your mantle around our troubled world. Intercede for those suffering from war, violence, and hatred. Inspire world leaders and everyday people to walk the path of dialogue, justice, and reconciliation. May your Son, the Prince of Peace, guide our steps.

DAY 2



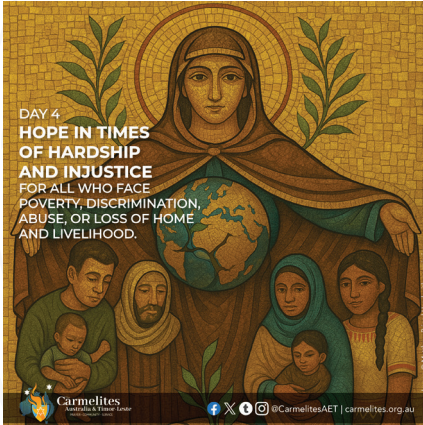
Holy Mother, comforter of the afflicted, draw near to all who suffer silently. Intercede for those with chronic illness, anxiety, or emotional wounds. May they find healing, strength, and hope through Christ, the Divine Physician.

DAY 3



Mother of Mercy, cradle the souls of the departed in the arms of your Son. Comfort those left behind with the promise of eternal life. Help us live each day in the light of resurrection hope.

DAY 4



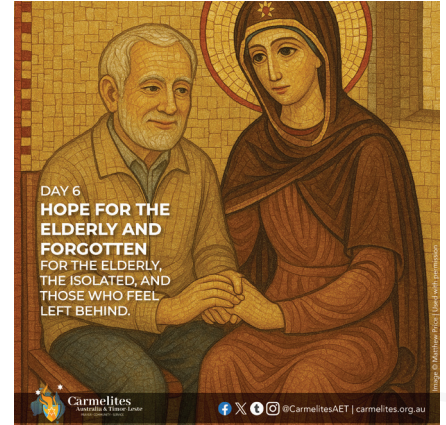
O Lady of Mount Carmel, stand with those pushed to the margins. Lift up the poor, the oppressed, and the voiceless. Intercede for justice and dignity for all people. May hope rise like morning light for those walking through darkness.

DAY 5



Mary, you said yes in your youth. Be near our young people as they search for love, truth, and belonging. Inspire them with courage to follow Christ's call in today's noisy and uncertain world.

DAY 6



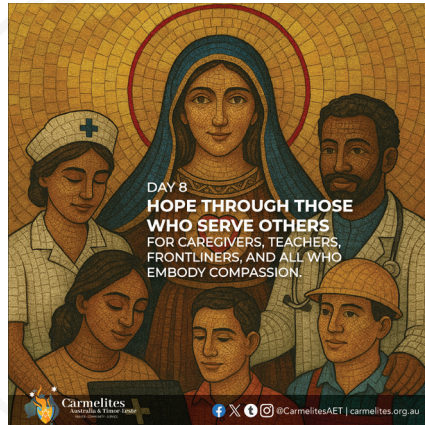
Blessed Mother, stay close to our elders. May they be honoured for their wisdom and embraced in love. Let none feel forgotten. Bring them peace, purpose, and the joy of knowing they are never alone.

DAY 7



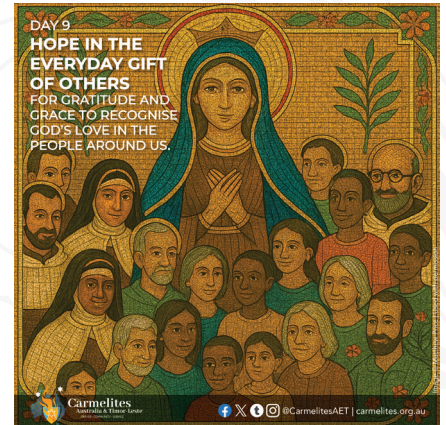
Mother of the Holy Family, bring your gentle presence into our homes. Heal divisions, soften hearts, and renew bonds of trust and love. May we build families rooted in compassion, forgiveness, and shared faith.

DAY 8



Lady of Carmel, bless those who serve the vulnerable—nurses, volunteers, teachers, social workers, and chaplains. Renew their strength and affirm their mission. May they be Christ's hands in a hurting world.

DAY 9



Blessed Virgin, help us see with the eyes of hope. May we recognise your Son in the kindness of others, in small acts of love, and in quiet moments of beauty. Teach us to live gratefully and give generously.



The Carmelites
Australia & Timor-Leste
PRAYER · COMMUNITY · SERVICE

carmelites.org.au

[f](#) [X](#) [t](#) [@CarmelitesAET](#)