

Answer:

The word *Novena* originates from the Latin word *novem*, which means “nine.” In various Christian traditions particularly the Roman Catholic and Eastern Orthodox churches a Novena refers to a structured form of devotion involving prayer over a period of nine consecutive days, often to request a particular favor or to express gratitude.

These prayers may be directed to God, but in many cases, particularly within Catholic practice, they include petitions to saints or to Mary, the mother of Jesus, and frequently involve the Rosary. However, the practice of praying the Rosary or addressing prayers to saints is not supported by the Bible.

Is the Practice of a Novena in the Bible?

The most commonly cited biblical inspiration for the Novena is found in the period between Jesus’ ascension and the Day of Pentecost. After Jesus ascended to heaven, the disciples, along with others including Mary, gathered in an upper room and devoted themselves to prayer.

“These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers.”

Acts 1:14, NKJV

Jesus ascended 40 days after His resurrection (Acts 1:3), and the Holy Spirit came on the Day of Pentecost, which was 50 days after Passover (Leviticus 23:15–16). This leaves a 10-day gap during which the disciples prayed together often interpreted by some as the first “Novena.” However, this was never presented in Scripture as a prescriptive model for future prayer practices.

Important distinction: Nowhere in the Bible are believers commanded to pray for nine consecutive days to receive blessings or spiritual gifts. The actions of the early church in Acts 1–2 were descriptive, not prescriptive. They describe what happened, but they do not instruct us to repeat the pattern as a spiritual formula.

Are Repetitive or Scheduled Prayers Encouraged in Scripture?

Jesus Himself cautioned against repetitive prayers done out of

ritual or superstition:

“And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.”

Matthew 6:7, NKJV

Prayer, according to Jesus, should be sincere, direct, and addressed to the Father (Matthew 6:6). The Bible teaches us to pray continually (1 Thessalonians 5:17) and to make our requests known to God with thanksgiving (Philippians 4:6), but it does not prescribe specific durations or formats like a nine-day cycle.

The Problem with Praying to Saints or Mary

One of the major theological issues with many Novenas, especially in Catholic practice, is that they involve prayers directed to saints or to Mary. This contradicts the biblical teaching that there is only one mediator between God and humanity:

“For there is one God and one Mediator between God and men, the Man Christ Jesus.”

1 Timothy 2:5, NKJV

The Bible does not support communication with the dead or the idea that saints can intercede on our behalf. In fact, attempting to speak with the dead is explicitly forbidden:

“There shall not be found among you anyone who...calls up the dead.”

Deuteronomy 18:10-11, NKJV

While Mary was undoubtedly blessed and honored (Luke 1:28), she, like all believers, prayed to God not to others and she is never presented in Scripture as someone who receives or mediates prayers.

Are All Novenas Wrong?

Not necessarily. If someone chooses to commit to a nine-day

period of focused prayer praying directly to God, without invoking saints or engaging in unbiblical rituals such a practice is not sinful. It may even be spiritually beneficial, much like personal fasting or dedicated prayer retreats.

However, this must be:

- Voluntary (not mandatory),
- Biblically grounded, and
- Free from idolatrous or superstitious elements.

Paul reminds us in Colossians 2:8 (NKJV):

“Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to Christ.”

So while structured prayer itself is not wrong, it must not replace or distort the truth of the gospel and our direct relationship with God through Jesus Christ.

Should Christians Pray Novenas?

The Bible does not command or endorse the practice of Novenas. Structured prayer over nine days is not inherently sinful, but when it involves:

- Mandatory ritualism,
- Prayers to saints or Mary, or
- Superstitious expectations,

it falls into serious theological error. At best, Novenas are extra-biblical traditions. At worst, they can become acts of idolatry,

which Scripture strongly condemns (Exodus 20:3-5; Romans 1:25).

Final encouragement:

“Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

Hebrews 4:16, NKJV

God invites us to pray directly to Him through Jesus Christ. That is our biblical foundation. Let’s not substitute man-made systems for what Scripture clearly teaches.

May the Lord help us to worship Him in spirit and in truth (John 4:24).

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