



**EWTN**

Global Catholic  
Network

# OUR LADY OF MOUNT CARMEL

NOVENA PRAYER AND FLOWER OF CARMEL MEDITATIONS



# OUR LADY OF MOUNT CARMEL NOVENA PRAYER

---



Copyright 2024 by EWTN Publishing, Inc.  
5817 Old Leeds Road, Irondale, Alabama 35210 USA  
Tel.: 1.205.271.2900 | [www.ewtn.com](http://www.ewtn.com)

Cover art: *Our Lady of Mount Carmel* by Pietro Novelli  
Inside images provided by Shutterstock.

Scripture taken from the Catholic Edition of the Revised Standard Version of the Bible,  
copyright © 1965, 1966,  
National Council of the Churches of Christ  
in the United States of America.  
Used by permission.  
All rights reserved worldwide.

# Table of Contents

<b>Introduction</b>	<b>Page 3</b>
<b>Prayer to Our Lady of Mount Carmel</b>	<b>Page 4</b>
<b>Novena Daily Meditations</b>	
<b>Day One</b>	<b>Page 5</b>
<b>Day Two</b>	<b>Page 6</b>
<b>Day Three</b>	<b>Page 7</b>
<b>Day Four</b>	<b>Page 8</b>
<b>Day Five</b>	<b>Page 9</b>
<b>Day Six</b>	<b>Page 10</b>
<b>Day Seven</b>	<b>Page 11</b>
<b>Day Eight</b>	<b>Page 12</b>
<b>Day Nine</b>	<b>Page 13</b>



## Introduction

No matter the problems we face, the times of distress or hardship, our Blessed Mother wants to help us. With her deep maternal love for each of us, she wants to comfort our souls, dry our tears, and mostly bring us closer to her beloved Son.

Each day of this Novena, we encourage you to meditate on a verse from the beautiful prayer known as the *Flos Carmeli*, so that you might better know and love Our Lady.

The Latin *Flos Carmeli* translates to “The Flower of Carmel.” A popular Carmelite prayer and hymn, it is based on a text attributed to St. Simon Stock, an English Carmelite who died in 1265. Carmelite tradition says that, filled with a son’s affection for his heavenly mother, St. Simon prayed this prayer fervently for the welfare of the Carmelite Order.

May these prayers and reflections remind you of Mary’s purity, her love for us, and her love for her Son.



## Prayer to Our Lady of Mount Carmel

O most beautiful Flower of Mount Carmel,  
Fruitful Vine,  
Splendor of Heaven,  
Blessed Mother of the Son of God,  
Immaculate Virgin,  
assist me in this my necessity.  
*(Mention your intention.)*

O Star of the Sea,  
help me and show me in this  
that thou art my Mother.

O holy Mary,  
Mother of God,  
Queen of Heaven and earth,  
I humbly beseech thee,  
from the bottom of my heart,  
to help me in this necessity;  
there are none that can withstand thy power.  
O show me in this that thou art my Mother!

O Mary, conceived without sin, pray for us who have recourse to thee.  
*(Repeat this three times.)*

Sweet Mother, I place this cause in thy hands.  
*(Repeat this three times.)*

Our Father ...  
Hail Mary ...  
Glory Be ...  
*(Repeat this three times.)*



## Day One

*“Flower of Carmel, tall vine, blossom-laden;  
splendor of heaven, child-bearing yet maiden;  
none equals thee.”*



### Reflection:

Blessed Mother, you are the Queen of Heaven, the Mother of God. Yet you love each one of us so dearly, always pointing us toward your Son. Please continue to show me how to love Jesus and continually seek His Kingdom.

Our Lady of Mount Carmel, pray for us.



## Day Two

*“Mother so tender; whom no man didst know;  
on Carmel’s children thy favors bestow;  
Star of the Sea!”*



### Reflection:

Blessed Mother, even though many people in this life have hurt and disappointed me, I know that you want my happiness and my salvation. When people fall short and offend me, please comfort me in your loving arms.

Our Lady of Mount Carmel, pray for us.



## Day Three

*“Strong stem of Jesse, who bore one bright flower,  
be ever near us, and guard us each hour,  
who serve thee here.”*



### Reflection:

Blessed Mother, you love my enemies as well as my friends. No matter what we do, you love us. Remind me to love in this way – in the way that God has taught us – so that we truly want the best for every single person on earth.

Our Lady of Mount Carmel, pray for us.





## Day Four

*“Purest of lilies, that flowers among thorns,  
bring help to true hearts that in weakness turn  
and trust in thee.”*



### Reflection:

Blessed Mother, you want everyone to follow your Son. At the Wedding Feast at Cana, you said, “Do whatever He tells you.” You are still inviting us to follow your Son and to obey Him. Help me to seek Him and love Him with my whole heart.

Our Lady of Mount Carmel, pray for us.



## Day Five

*“Strongest of armor, we trust in thy might,  
under thy mantle, hard pressed in the light,  
we call to thee.”*



### Reflection:

Blessed Mother, I know that I can turn to you in my fear. When life presses on me, when anxieties weigh on my heart, you know that Jesus can calm me and soothe my fears. Please continue pointing toward your Son, dear Mother, and show me the comfort that He offers.

Our Lady of Mount Carmel, pray for us.



## Day Six

*“Our way, uncertain, surrounded by foes,  
unfailing counsel you offer to those  
who turn to thee.”*



### Reflection:

Blessed Mother, I am often left confused. Which way should I turn? Which decision should I make? You want to show me the path. You want to help me to make the right decisions – decisions that glorify your Son. Thank you for helping me on my journeys.

Our Lady of Mount Carmel, pray for us.



## Day Seven

*“O gentle Mother, who in Carmel reigns,  
share with your servants that gladness you gained,  
and now enjoy.”*



### Reflection:

Blessed Mother, you are with me when I feel alone. When I grieve and experience loss, you are there with your mother's arms. Even though I can't see you, I know that you are there. So, whenever I am alone, please remind me that you always care for me – and that your Son is my Light in the darkness.

Our Lady of Mount Carmel, pray for us.



## Day Eight

*“Hail, Gate of Heaven, with glory now crowned,  
bring us to safety; there thy Son is found,  
true joy to see. Amen. Alleluia!”*



### Reflection:

Blessed Mother, thank you for saying “Yes” to God. Because of your Fiat, Jesus was able to come to earth and die for our sins. To this day, you are saying “Yes” to God. In your intercessions for each one of us, in your apparitions throughout the centuries, in the beautiful example you gave in Sacred Scripture, you do the Will of Our Lord. Show me how I can do God’s Will, too.

Our Lady of Mount Carmel, pray for us.



## Day Nine

*“O Star of the Sea, help and protect me!  
Show me that you are my Mother.”*



### Reflection:

Blessed Mother, you want to protect me from harm, especially from the dangers and temptations of Satan. Even though it can be difficult to resist temptations, I want to follow Jesus and avoid sin. As my mother, you help guide me in the way of salvation. Thank you for your protection.

Our Lady of Mount Carmel, pray for us.



## About Us

Founded more than 40 years ago by a Poor Clare of Perpetual Adoration (PCPA), Mother Mary Angelica of the Annunciation, EWTN is the largest religious media network in the world. EWTN's 11 global TV channels are broadcast in multiple languages 24 hours a day, seven days a week to over 435 million television households in more than 160 countries and territories. EWTN platforms also include radio services transmitted through SIRIUS/XM, iHeart Radio, and over 600 domestic and international AM & FM radio affiliates; a worldwide shortwave radio service; one of the largest Catholic websites in the U.S. and second only to the Vatican worldwide; electronic and print news services, including Catholic News Agency, *National Catholic Register* newspaper, and several global news wire services; as well as EWTN Publishing, its book publishing division.

## Learn More About EWTN

**EWTN**

**Seasons and Feasts**

**Television Programs**

**Radio Programs**

**Make a one-time gift or become a monthly donor**

