

Novena Prayer to St. Dymphna (patron saint for those with mental afflictions)



Painting by Louise Udovich

God, merciful Father in Heaven, we humbly ask you through Your servant, St. Dymphna, who suffered greatly due to the mental illness of her father, to grant relief and healing to all those who suffer from mental illnesses including addictions, from marriage and family conflict, from stress, from trauma, and the spiritual distress that accompanies mental afflictions, especially for ... (mention your request here). St. Dymphna was a model for us of virtue, purity, patience, and being steadfast in her faith, dying a virgin and martyr. We thank You for graciously choosing St. Dymphna as patroness and advocate for those with mental afflictions. Grant through the prayers of this pure teenager some consolation to people of all ages who suffer such trials, including their friends and family members. We beg you, Lord, to hear the prayers of St. Dymphna on our behalf. Grant us patience in suffering and acceptance of Your Divine Will. Fill our hearts with hope and grant us the peace and strength in suffering that we so much desire. We ask these things through Jesus Christ, Your Son, Our Lord. Amen!

St. Dymphna, helper of the mentally afflicted...pray for us!
St. Dymphna, who sends support to those in need...pray for us!
St. Dymphna, protector of those with mental distress...pray for us!

Holy God, have mercy on us and on the whole world!

Glory to the Father, to the Son, and to the Holy Spirit,
as it was in the beginning, is now and will be forever. Amen.