

NOVENA TO  
**OUR LADY**  
UNDOER OF KNOTS



DEVAE INOBEDIENTIAE NODUM SOLUTIONEM  
ACCESSE PER OBEDIENTIAM MARINE PRAT



LIFE, MARRIAGE  
AND FAMILY  
ARCHDIOCESE OF SYDNEY

# NOVENA TO OUR LADY UNDOER OF KNOTS

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Mary is truly our Mother! She loves us and desires to bring us always into the floodtide of grace and healing merited for us by her beloved Son Jesus. She looks out for us especially when we feel that we are far from the Father's love and concern. Whether this is because of misfortune, sin in our lives, or the sufferings and misadventure of our family and friends, our Mother always comes looking for us to console us and to assist us in our time of trial. She desires to undo the knots that fill our lives with her gentle hands and generous heart. This has always been the belief of the Church in her teaching and, even more so, in her experience.

*For, as St. Irenaeus says, she "being obedient, became the cause of salvation for herself and for the whole human race." Hence not a few of the early Fathers gladly assert in their preaching, "The knot of Eve's disobedience was untied by Mary's obedience; what the virgin Eve bound through her unbelief, the Virgin Mary loosened by her faith" (Second Vatican Council - Lumen Gentium 56).*

We come to our Mother with our knots, in faith, and follow her example in seeking to say yes to the Father's will for our lives. Our Father desires to see the knots of our lives undone, for He is a Father of love and mercy.

*"We know one thing: nothing is impossible for God's mercy! Even the most tangled knots are loosened by His grace. And Mary, whose "yes" opened the door for God to undo the knot of the ancient disobedience, is the Mother who patiently and lovingly brings us to God, so that He can untangle the knots of our soul by His Fatherly mercy" (Pope Francis 12 October 2013 - Prayer for the Marian day on the occasion of the Year of Faith).*

## HOW TO PRAY THE UNDOER OF KNOTS NOVENA

- Spend time pondering the scripture verse with Mary, where possible, from the beginning of your day.
- Pray the novena verse for the day and then recite five decades of the rosary.
- Upon completion of the novena, consider offering Our Lady a gift; a bouquet of flowers or similar.



## DAY 1

### TRUSTING IN OUR MOTHER

*“I will put enmity between you and the woman,  
and between your seed and her seed;  
he shall bruise your head, and you shall bruise his heel.”  
(Gen. 3:15)*

Oh dearest Mother and Queen, ever-present, especially in my time of need, I kneel before you in trust and believe that your Immaculate Heart is attuned to my earnest cry. I implore and beg you to take this knot (*here name the knot*) from my poor hands. It loads me down and is the constant cause of my distress. You are the New Eve, sweet Lady; you who were promised from the beginning to give birth to the New Adam, Jesus Christ your Son, who takes away our sins and who is the promise of new life and salvation. I ask you most earnestly to crush the head of the serpent and grant me relief in my present situation. I believe that the enemy has no authority where your powerful assistance is called upon. Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*

## DAY 2

### LOVING OUR MOTHER ANEW

*“I am the mother of fair love, and of fear,  
and of knowledge, and of holy hope.  
In me is all grace of the way and of the truth,  
in me is all hope of life and of virtue.  
Come over to me, all you that desire me,  
and be filled with my fruits.”  
(Sirach. 24:24-27)*

Dearest Mother of love and of holy hope, you are the dwelling place of the Most High God, the tabernacle where the Holy Trinity loves to dwell. The turning point of all history took place when you gave your consent to the angel Gabriel. Your Fiat brought heaven down to earth and the Eternal Word took flesh in your spotless womb. Obtain for me, dear Mother, that grace and trust by which I can surrender myself into your maternal care, just as the Father entrusted his Only Begotten Son to your care and that of Saint Joseph. Untie this knot (*here name the knot*) sweet Queen I humbly beg of you! I believe that you are my sure help in this difficulty. Bring me ever closer to Jesus your Son, who is the Way, the Truth and the Life. Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*



## DAY 3

### TAKING REFUGE IN OUR MOTHER

*“Hail, full of grace, the Lord is with you.”  
But she was greatly troubled at the saying, and considered  
in her mind what sort of greeting this might be. And the  
angel said to her, “Do not be afraid, Mary, for you have found  
favour with God.” (Luke. 1:28-30)*

Dearest Mother, how consoling it is to know that your sweet eyes rest upon me as I kneel here before you. In your earthly life, you knew difficulties and trials and, at times, faced the misunderstanding and even scorn of those who could not comprehend the beauty and truth of Him whom you bore in your immaculate womb. Come to my aid, dear Queen, and repeat to me the words you heard from the angel Gabriel: “Be not afraid.” Hold me close, dear Mother, and as you do, untie this knot (*here name the knot*) I again present to you. Obtain for me, from your Divine Son, Jesus, the peace for which I yearn so greatly. Jesus has entrusted the fount of His mercy to your care, dearest Mother, and I entreat you now to turn your merciful gaze upon me and to send your angels to grant me the assistance I need most at this present time. Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*

## DAY 4

### CONSTANT RELIANCE ON OUR MOTHER

*“He has put down the mighty from their thrones and  
exalted those of low degree; He has filled the hungry with  
good things, and the rich he has sent empty away. He has  
helped his servant Israel, in remembrance of his mercy.”  
(Luke. 1:52-54)*

Oh Mother of Mercy, you come to the aid of your children in their time of need with haste and maternal care. Your canticle praises the mercy of the Heavenly Father and the concern He has shown through time for the smallest and weakest of His children. Through history, dear Queen, you have done the same and I ask that you now turn your gaze of mercy towards me your poor and distressed child. Place me under your shadow and protection. Hold me close in the fold of your mantle and in the crossing of your arms. I believe that you will undo this knot (*here name the knot*) my sweet little Mother and bring to my life the peace that comes from your Son, my Lord Jesus Christ. I trust in your mercy, dear Queen, and I await evermore your sweet and efficacious consolation. Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*



## DAY 5

### OPENING OUR HEART TO OUR MOTHER

*“Behold, this child is set for the fall and rising of many in Israel, and for a sign that is spoken against (and a sword will pierce through your own soul also), that thoughts out of many hearts may be revealed.”  
(Luke. 2:34-35)*

Dear Mother of Sorrows, how can I not turn to you who, from the beginning, has journeyed with Him who is the Man of Sorrows? The sword of sorrow which I carry in my own heart I uncover to you and ask that you intercede most powerfully on my behalf. This knot (*here name the knot*) is too much to bear alone, dearest Mother, and I cry out to you who knows my pain and sorrow so well. You know rejection and are acquainted with grief. You carry me in my sorrow and affliction. I know that you will lead me, sweet Queen, to the newness of life granted me by the passion, death and resurrection of your Son, Jesus. I know that my sorrow will turn to joy if I leave this knot in your maternal care. Our Lady Undoer of Knots, pray for us. Amen.

*Now recite 5 decades of the rosary...*

## DAY 6

### SEEKING UNION WITH OUR MOTHER

*“How is it that you sought me? Did you not know that I must be in my Father’s house?” And they did not understand the saying which he spoke to them. And he went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart.  
(Luke. 2:49-51)*

Oh Immaculate Queen, I unite my suffering with yours and trust that this knot (*here name the knot*) will be brought before His Divine Majesty and consumed in the fire of His love. To do His Will is enough for me, as it has always been for you, dear Mother. Teach me to resign myself daily to the Divine Will and to accept that this loving God has a unique plan for my life. I believe that in everything, God works for the good of those who love Him. Help me, my sweet Queen, to love the Lord my God with my whole heart, mind and strength and especially in this most difficult of times. Obtain for me the grace to know Him personally as my Heavenly Father, who has loved me into existence from all eternity. Our Lady Undoer of Knots, pray for us. Amen.

*Now recite 5 decades of the rosary...*



## DAY 7

### BEING OPEN TO THE ACTIONS OF OUR MOTHER

*The mother of Jesus said to him, "They have no wine." And Jesus said to her, "O woman, what have you to do with me? My hour has not yet come." His mother said to the servants, "Do whatever he tells you."  
(John. 2:3-5)*

Dear Lady, Undoer of Knots, you enter into the midst of my woes as soon as you see a need. I believe this, my Queen, and in you I have total confidence. You actively seek to undo the knots of my life especially when they lead me away from your Son, the True Vine. Grant me the grace, dear Mother, to do the Lord's Will with promptness and trust. "He will do great things for me, Holy is His Name!" Undo this knot (*here name the knot*) I humbly beg you, sweet Queen of my heart, so that this poor vessel may be filled to overflowing with the new wine of the Heavenly Bridegroom. Lead me always in His light so that in time, my "joy may be full in Him". Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*

## DAY 8

### LIVING IN THE HEART OF OUR MOTHER

*When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, "Woman, behold, your son!" Then he said to the disciple, "Behold, your mother!" And from that hour the disciple took her to his own home. (John. 19:26-27)*

Sweet Queen and Undoer of Knots, how wonderful and precious it is that I can call you 'Mother', for in truth, you are! What a beautiful gift your Son, my Lord Jesus, has given to me. When I think of the moments before His agonising death on the Cross, of how He thought of me personally, I know in the very depths of my being that I am loved by Him and that nothing can ever change this reality. I am loved! And I wish to express my love for you, dear Mother, and for your Son, my beloved Jesus, in return. I love you and I thank you! I know that you will turn this knot (*here name the knot*) into a means of my sanctification if I hand it wholeheartedly into your care. I do this now and without reserve. Take me into the home of your heart, dearest Queen, that I may rest with Jesus there for all eternity. Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*



## DAY 9

### SEEKING UNION WITH THE DIVINE WILL

*All these with one accord devoted themselves to prayer, together with the women and Mary the mother of Jesus, and with his brethren. (Acts. 1:14)*

Dearest Mother, Holy Temple of the Most High God, by the power of the Holy Spirit, and by the Will of the Father, your immaculate womb became the dwelling place of the Word made Flesh. The Lord has vested you with His most gracious gifts and the Living Spirit works His miracles of grace through your most pure hands. I believe that you are the Immaculate Conception, most Holy Mother and Virgin, and that it pleases Jesus, my King, to grant His favours through your powerful intercession. His Will and yours are one and the same. I believe that what I have asked for through your intercession will be given me. Dearest Mother, undo this knot (*here name the knot*) I humbly beseech you in Jesus' name, through the power of your Spouse the Holy Spirit, and in accord with the Will of my Heavenly Father. Our Lady Undoer of Knots, pray for us. **Amen.**

*Now recite 5 decades of the rosary...*

## DAY 10

### THANKING GOD WITH OUR MOTHER

*"And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars." (Revelation. 12:1)*

Queen of Heaven and of Earth, Blessed Lady Undoer of Knots, and my own dearest Mother, I come before you today in thanksgiving and with my heart full of love for you. I most humbly thank you for bearing the weight of my despair and suffering during these past days and for undoing the knot that has held me in chains. I sing with you now, oh sweetest of mothers, your canticle of praise for all that the Lord has done for me through your most gracious and powerful intercession. I love you with my whole heart, dear Mother, and I give myself to you this day as your child. Be from this day forward, my mother, my teacher and my guide. Bring me always to your dear Son Jesus and form me into His Person and for all eternity. Our Lady Undoer of Knots, pray for us. **Amen**

*Now recite 5 decades of the rosary...*



## THE MAGNIFICAT

My soul magnifies the Lord,  
and my spirit rejoices in God my Saviour,  
for He has regarded the low estate of His handmaiden.  
For behold, henceforth all generations will call me blessed;  
for He who is mighty has done great things for me,  
and holy is His name.

And his mercy is on those who fear Him  
from generation to generation.  
He has shown strength with His arm,  
He has scattered the proud in the imagination of their hearts,  
He has put down the mighty from their thrones,  
and exalted those of low degree;  
He has filled the hungry with good things,  
and the rich He has sent empty away.

He has helped his servant Israel,  
in remembrance of his mercy,  
as He spoke to our fathers,  
to Abraham and to his posterity for ever

*Luke 1:46-55*

