

A Very Special Novena  
To Prepare my Heart to Receive  
Jesus in Holy Communion



Compiled by Jean Prather  
Holy Family Church  
St. Louis Park, Minnesota

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## Opening Prayer Before Each Day

Very soon I will receive Jesus for the first time  
in Holy Communion!

I can hardly wait!

I must get myself ready.

I must make my heart ready for Jesus  
to come to me in this special way.

I will make my heart a beautiful garden.

I will fill it with flowers to please Him.

When He comes into my heart He will be very happy.

He will see how much I love Him!

I will work very hard to make many flowers for Jesus.

Dear Mother Mary and good Saint Joseph,

please help me get ready to receive

Jesus in Holy Communion!

Holy Guardian Angel, help me to do my best each day!

## Day 1

The flowers I will make today for the garden of my heart are roses.

I will make them by being kind to others.

Dear Jesus,

When You were a child like me,  
You were always kind to everyone.

I want to be kind to others just like You.  
Today I will try very hard to be kind to everyone,  
at home, at school, and at play.

I will try to be just like You Jesus.  
Each time I do something kind for someone,  
it will be a beautiful rose for the garden of my heart.

I hope you will like my roses Jesus.  
Sometimes they are very hard to make.

Dear Mother Mary and Saint Joseph,  
please help me to be kind to others today.

*Draw a picture of yourself making roses in your heart for ♥Jesus:*

## Day 2

The flowers I will make in my heart today for the garden of my heart are lilacs.

I will make them by not getting angry.

Dear Jesus,

When You were a child like me,  
You were always very gentle and did not get angry.

I want to be gentle and patient just like You were.

Today I will try very hard to not get angry at  
home, at school and at play.

I will try to be just like You Jesus.

Each time I keep from getting angry and raising my voice,  
it will be a beautiful lilac for the garden of my heart.

I hope You will like my lilacs Jesus.

Sometimes they are very hard to make.

Dear Mother Mary and Saint Joseph,  
please help me not get angry today.

*Draw a picture of yourself making lilacs in your heart for ♥Jesus:*

Day 3

The flowers I will make in my heart today for the garden of my heart  
are **forget-me-nots**.

I will make them by **visiting Jesus**.

Dear Jesus,

When You were a child like me,  
You loved to visit the Temple and pray to God, our good Father.

I want to make visits with You because I love You so much!

Today I will try to visit You, in my heart at least,  
if I cannot visit You in Church or in the Adoration Chapel.

I will try to be just like You Jesus.

When I visit You, it will be a very special **forget-me-not**  
for the garden of my heart.

I hope you will like my **forget-me-nots** Jesus.

Sometimes they are very hard to make.

Dear Mother Mary and Saint Joseph,  
please help me to be able to visit Jesus today.

*Draw a picture of yourself making **forget-me-nots** in your heart for ♥Jesus:*

Day 4

The flowers I will make today for the garden of my heart are  
**Queen Ann.**

I will make them by **not being selfish.**

Dear Jesus,

When You were a child like me,

You were never selfish.

I want to share with others just like You.

Today I will try very hard to not be selfish at  
home, at school and at play.

I will try to be just like You Jesus.

Each time I share with my friends and family,  
it will be a beautiful **Queen Ann** flower  
for the garden of my heart.

I hope you will like my **Queen Ann** flowers Jesus.

They are very hard to make.

Dear Mother Mary and Saint Joseph,

please help me to not be selfish today.

*Draw a picture of yourself making **Queen Anns** in your heart for ♥Jesus:*

Day 5

The flowers I will make today for the garden of my heart are  
**bluebells.**

I will make them by **being cheerful.**

Dear Jesus,

When You were a child like me,

You were never mean or unpleasant.

I want to be cheerful just like You were!

Today I will try very hard to be cheerful  
at home, at school and at play.

I will try to be just like You Jesus.

Each time I smile, it will be a beautiful **bluebell**  
for the garden of my heart.

I hope You will like my **bluebells** Jesus.

Sometimes they are very hard to make.

Dear Mother Mary and Saint Joseph,  
please help me to be cheerful today.

*Draw a picture of yourself making bluebells in your heart for ♥Jesus:*



Day 6

The flowers I will make today for the garden of my heart are  
**daisies.**

I will make them by **being obedient.**

Dear Jesus,

When You were a child like me,

You were always obedient.

I want to do what I am told just like You did.

Today I will try very hard to obey

at home, at school and at play.

I will try to be just like You Jesus.

Each time I do just what I am told to do without complaining,  
it will be a beautiful **daisy** for the garden of my heart.

I hope You will like my **daisies** Jesus.

They are very hard to make.

Dear Mother Mary and Saint Joseph,

please help me to be obedient today.

*Draw a picture of yourself making **daisies** in your heart for ♥Jesus:*

Day 7

The flowers I will make today for the garden of my heart are  
**jasmine.**

I will make them by **being diligent.**

Dear Jesus,

When You were a child like me,

You worked and studied very hard.

I want to be diligent just like You were.

Today I will try very hard to do everything I have to do  
at home, at school and at play.

I will try to be just like You Jesus.

Each time I finish my work and my studies,  
it will be a beautiful **jasmine** flower in the garden of my heart.

I hope you will like my **jasmine** flowers Jesus.

They are very hard to make.

Dear Mother Mary and Saint Joseph,

help me to be diligent today.

*Draw a picture of yourself making **jasmines** in your heart for ♥Jesus:*

Day 8

The flowers I will make today for the garden of my heart are  
**lilies of the valley.**

I will make them by **keeping away from sin.**

Dear Jesus,

When You were a child like me,

You were always sure to stay away from every sin.

I want to stay far away from every kind of sin like You did.

Today I will try very hard to stay away from sin  
at home, at school and at play.

I will try to be just like You Jesus.

Each time I avoid a sin it will be a beautiful **lily of the valley**  
for the garden of my heart.

I hope you will like my **lilies of the valley** Jesus.

Sometimes they are very hard to make.

Dear Mother Mary and Saint Joseph,  
please help me to stay away from sin today.

*Draw a picture of yourself making lilies of the valley in your heart for ♥Jesus:*

Day 9

The flowers I will make today for the garden of my heart are  
**sunflowers.**

I will make them by **thinking of Jesus.**

Dear Jesus,

When You were a child like me,  
You were always thinking about Your Heavenly Father.

I want to think about You all day long.

Today I will try very hard to remember You  
at home, at school and at play.

Each time I think of You it will be a beautiful **sunflower**  
for the garden of my heart.

I hope you will like my **sunflowers** Jesus.

Sometimes they are very hard to make.

Dear Mother Mary and Saint Joseph,  
please help me to think about Jesus many, many times today.

*Draw a picture of yourself making **sunflowers** in your heart for ♥Jesus:*

## The Night Before Your First Holy Communion

Dear Jesus,

Now my heart is a beautiful garden with many flowers that I have made just for You. I hope you are pleased!

At the gate are beautiful roses to greet You and scented lilacs bow to meet You. Queen Ann flowers, jasmine and violets will make you very glad. There are tiny, sweet forget-me-nots of the most beautiful blue. The daisies stand like soldiers and the sunflowers turn their faces to You. More beautiful than Solomon's royal splendor are the lilies of the valley and the blue bells ring like an Angel's song!

Come into this garden of my heart dear Jesus!  
I have worked very hard to make it just for You.  
Mother Mary and good Saint Joseph  
have helped me make it beautiful.

Come to my heart dearest Jesus!  
Come tomorrow and each time  
I receive You in Holy Communion!

Dear Mother Mary and Saint Joseph,  
pray for me tomorrow, in a special way,  
as I receive Jesus for the first time in Holy Communion.  
Pray for me that I may always receive Him with a beautiful heart.

I love you Jesus!



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(My name)

