Novena to Mary, Undoer of Knots

Nine days to place the knots of your life in Mary's hands

WHO IS MARY, UNDOER OF KNOTS?

This title of the Virgin Mary was born of a painting from around the year 1700, in the Church of Saint Peter in Augsburg, Germany. In it, Mary patiently unties the knots in a ribbon handed to her by an angel, while another angel receives the ribbon, now free of knots.

The image is inspired by a thought of Saint Irenaeus of Lyon, from the second century: the knot that Eve tied by her disobedience, Mary untied by her obedience and her faith. From Argentina, this devotion spread throughout Latin America.

WHAT IS A KNOT?

A knot is whatever has become tangled in your life and that you cannot loosen on your own: a wound, a difficult relationship, a worry about a child, an old guilt, a situation at home or at work. In this novena, each day you place one of these knots in Mary's hands, so that she may present it to her Son.

HOW TO PRAY THE NOVENA

- Once a day, for nine days in a row.
- You can pray it in the early morning, after your Amen, or at another quiet moment of the day.
- Each day: the Sign of the Cross, the Act of Contrition, the meditation, the prayer of the day, three Hail Marys, a Glory Be, and the closing prayer.
- Missed a day? Continue the next day from where you left off.
- Time: about 10 to 15 minutes.

Important: This novena is prayer. It does not replace a doctor, therapy, a lawyer, or any professional help, and it does not promise results. Ask God for strength, patience, and wisdom for each situation.

PRAY THESE PRAYERS EVERY DAY

The prayers for every day

Come back to this page whenever you need it

1. THE SIGN OF THE CROSS

By the sign of the holy cross, deliver us from our enemies, O Lord our God. In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. ACT OF CONTRITION

O my God, I am heartily sorry
for having offended Thee,

and I detest all my sins,
because I dread the loss of heaven
and the pains of hell;
but most of all because they offend Thee, my God,
who art all good and deserving of all my love.

I firmly resolve, with the help of Thy grace,
to confess my sins, to do penance,
and to amend my life.

Amen.

3. THE MEDITATION AND THE PRAYER OF THE DAY

You will find them on each day's page.

4. THREE HAIL MARYS AND A GLORY BE

Hail Mary, full of grace, the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end.

Amen.

5. CLOSING PRAYER TO MARY, UNDOER OF KNOTS

Virgin Mary, Mother who has never left
a child who calls on you without an answer:
your hands know patience.

Today I place in them this knot in my life.

You, who by your "yes" untied
the knot of disobedience,
untie, too, what I can no longer loosen.

Present it to your Son, Jesus.
May his will be done,
in his time and in his way.

And while the knot is being untied,
give me peace to wait
and strength to do my part.

Mary, Undoer of Knots, pray for me.

Amen.

Day 1

The knots of the heart

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

The Gospel tells us that Mary kept all these things in her heart and reflected on them (Lk 2:19). She did not push away what she did not understand: she brought it before God, in silence.

Today you begin the same way. Think of a wound you have carried for a long time: something someone said to you, something you never received, something that still hurts when you remember it.

My knot for today: _____

TODAY'S PRAYER

Mother, you know my heart better than I do.
There are wounds I have kept so long
that I no longer know where they begin.
Today I give you this one.
I do not ask to forget it:
I ask that it no longer rule over me.
Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"My heart no longer carries this alone."

Tomorrow: Day 2, the knots of the family.

Day 2

The knots of the family

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

At the wedding at Cana, Mary noticed that the wine had run out before anyone asked her, and she told Jesus (Jn 2:1-11). She sees what is missing in a home.

Today, think of your family: a distance, a quarrel that never ended, a heavy silence at the table.

My knot for today: _____

TODAY'S PRAYER

Mother, you saw what was missing at that feast.

Look at my home today.
Look at what is missing between us:
patience, kind words, an embrace.

Tell your Son what I do not know how to say,
and teach me to do whatever he tells me.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"I place my home in Mary's hands."

Tomorrow: Day 3, the knots of marriage and relationships.

Day 3

The knots of marriage and relationships

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

Mary and Joseph went through doubts, journeys, and difficult nights, and they stayed together, listening to God (Mt 1:18-25).

Today, bring before God a relationship that has become tangled: with your husband, with someone you love, or with someone you no longer speak to.

My knot for today: _____

TODAY'S PRAYER

Mother, you know what it is to wait and to trust.

I present this relationship to you as it is,
with what I did wrong
and with what was done to me.

Give me the humility to take the first step
when it is mine to take,
and peace to wait when it is not.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"I do my part and leave the rest in God's hands."

Tomorrow: Day 4, the knots of health.

Day 4

The knots of health

Begin with the Sign of the Cross and the Act of Contrition.

Important: This novena does not replace your doctor, your medication, or any treatment. Ask for strength and peace of mind, and keep following your treatment as usual.

MEDITATION

Mary stood by the cross of her Son (Jn 19:25). She could not take away his pain, but she did not leave him alone.

Today, present your health, or the health of someone you love. Say the name and what worries you most.

I pray for: _____

TODAY'S PRAYER

Mother, you know the pain of watching someone you love suffer.
I present to you this tired body
and this fear that will not let me sleep.
Give wisdom to those who care for the sick,
perseverance to keep up the treatment,
and peace for each day of waiting.
Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"In my pain, I am not alone."

Tomorrow: Day 5, the knots of work and bills.

Day 5

The knots of work and bills

Begin with the Sign of the Cross and the Act of Contrition.

Important: This novena does not promise money, a job, or any result. Ask for clarity, discipline, and courage to take the steps that are yours to take.

MEDITATION

In Nazareth, the Holy Family lived on the work of each day, like any humble family. Mary knows what it is to keep a home with little.

Today, bring a specific worry: a debt, a job you need, a budget that will not balance.

My knot for today: _____

TODAY'S PRAYER

Mother, you cared for your home with what you had.

I present to you this worry
that keeps me up at night.

Help me to see clearly,
to put in order what is in disorder,
and to knock on the right door, without shame.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"I take today's step, and I trust God with tomorrow."

Tomorrow: Day 6, the knots of the past and of guilt.

Day 6

The knots of the past and of guilt

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

The Church calls Mary "Refuge of Sinners." No one comes to her with clean hands, and she turns no one away.

Today, bring something from your past that still accuses you. If you have not done so yet, think about going to Confession.

My knot for today: _____

TODAY'S PRAYER

Mother, there are things I have done
that still haunt me.

I give them to you without excuses.
Lead me to the mercy of your Son.

May I let myself be forgiven
and begin again without carrying
what God has already chosen to let go.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"I am no longer only what I have done."

Tomorrow: Day 7, the knots of children and grandchildren.

Day 7

The knots of children and grandchildren

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

When Jesus stayed behind in the Temple, Mary and Joseph searched for him anxiously for three days (Lk 2:41-50). Mary knows the anguish of a mother who does not know where her child is.

Today, bring a child, a grandchild, or someone you care for as your own: their path, their choices, their faith.

I pray for: _____

TODAY'S PRAYER

Mother, you too searched for your Son with an aching heart.

I entrust to you the one I love.
Watch over their paths where I can no longer reach.

Give me words when I should speak,
silence when I should listen,
and faith when all I can do is pray.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"What I cannot reach, I entrust to Mary."

Tomorrow: Day 8, the knots of faith.

Day 8

The knots of faith

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

When the angel announced the impossible, Mary answered: "May it be done to me according to your word" (Lk 1:38). She did not understand everything, and still she trusted.

Today, bring your doubts: a prayer that seems to have no answer, a weariness in believing.

My knot for today: _____

TODAY'S PRAYER

Mother, sometimes I pray and feel that no one is listening.

I give you this weariness in my faith.
I do not have all the answers.

Teach me your "May it be done":
to trust even when I do not understand
and to keep walking one more day.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"Even when I do not understand, I trust."

Tomorrow: Day 9, surrender and gratitude.

Day 9

Surrender and gratitude

Begin with the Sign of the Cross and the Act of Contrition.

MEDITATION

After receiving the greatest news of her life, Mary sang: "My soul proclaims the greatness of the Lord" (Lk 1:46). She gave thanks before she saw everything fulfilled.

Today you do not bring a new knot. Look back over the nine days and give thanks: for what has already been loosened and for what is still on its way.

TODAY'S PRAYER

Mother, today I come to give thanks.

For every knot I have given you in these days,
the ones that already feel lighter
and the ones still waiting for their time.

I leave them in your hands forever.
May my life, like yours,
be a "yes" to God every morning.

Amen.

TO CLOSE

Pray three Hail Marys and a Glory Be, and finish with the closing prayer to Mary, Undoer of Knots.

TODAY'S WORDS OF FAITH

"My soul proclaims the greatness of the Lord."

You have completed the novena. Come back to it whenever a new knot appears in your life.