



FOL 54-DAY GUIDE

GENERATIONAL

ROSARY NOVENA

November 1 – December 24, 2026



Who

ARE WE PRAYING FOR?



GENERATIONS IN OUR FAMILY LINEAGE

Prayed together for you spouse's family on the same day as well.

So we pray for each one in our line, from our great-great-grandparents down to our grandchildren, and for our spouse's family on the same days. Not to judge them, but to thank them, forgive them, ask forgiveness, and place every one of them in our Blessed Mother Mary's Heart.

5th Generation

Day 1–Paternal Great-Great Grand Father 1
 Day 2–Paternal Great-Great Grand Mother 1
 Day 3–Paternal Great-Great Grand Father 2
 Day 4–Paternal Great-Great Grand Mother 2
 Day 5–Paternal Great-Great Grand Father 3
 Day 6–Paternal Great-Great Grand Mother 3
 Day 7–Paternal Great-Great Grand Father 4
 Day 8–Paternal Great-Great Grand Mother 4

Day 9–Maternal Great-Great Grand Father 1
 Day 10–Maternal Great-Great Grand Mother 1
 Day 11–Maternal Great-Great Grand Father 2
 Day 12–Maternal Great-Great Grand Mother 2
 Day 13–Maternal Great-Great Grand Father 3
 Day 14–Maternal Great-Great Grand Mother 3
 Day 15–Maternal Great-Great Grand Father 4
 Day 16–Maternal Great-Great Grand Mother 4

4th Generation

Day 17–Paternal Great Grand Father 1
 Day 18–Paternal Great Grand Mother 1
 Day 19–Paternal Great Grand Father 2
 Day 20–Paternal Great Grand Mother 2

Day 21–Maternal Great Grand Father 1
 Day 22–Maternal Great Grand Mother 1
 Day 23–Maternal Great Grand Father 2
 Day 24–Maternal Great Grand Mother 2



ARE WE PRAYING FOR?

3rd Generation

Day 25–Paternal Grand Father
Day 26–Paternal Grand Mother

Day 27–Maternal Grand Father
Day 28–Maternal Grand Mother

2nd Generation

Day 29–Father

Day 30–Mother

MY Generation

Day 31–Me + Spouse + Siblings + Previous Spouse(s) Or Other Sexual/Emotional Relationship Ties

MY Descendants

Day 32–Children + Grandchildren

7 Days – Reparation for the 7 Deadly Sins in the Family

Day 33–Pride

Day 37–Lust

Day 34–Greed

Day 38–Gluttony

Day 35–Envy

Day 39–Sloth

Day 36–Anger

3 Days – Reparation for Sins Against the Holy Trinity

Day 40–**God the Father** - e.g. Blaming God for natural disasters, Rejecting or denying the existence of God. Losing all hope in God's mercy or falsely presuming salvation without repentance.

Day 41–**God the Son** - e.g. Speaking words of hatred, reproach, or defiance against Christ, or misusing His sacred name. Heresy, or outright refusal to acknowledge Jesus as the Son of God and Savior. Treating the consecrated bread and wine with extreme disrespect or sacrilege.

Day 42–**God the Holy Spirit** - e.g. Despair, Presumption, Resisting the Known Truth, Envy of Another's Spiritual Good, Obstinacy in Sin, Final Impenitence

7 Days – Reparation for Sins Against the Sacraments

Day 43–Baptism

Day 47–Holy Orders

Day 44–Confirmation

Day 48–Matrimony

Day 45–Holy Communion

Day 49–Anointing of the Sick

Day 46–Penance & Reconciliation

5 Days – Invoking Powerful Help for the Souls in Purgatory

Day 50–**St. Michael** - Light & Hope of souls near death

Day 51–**St. Joseph** - Patron Saint of the Dying

Day 52–**Blessed Virgin Mary** - Flame of Love of the Immaculate Heart of Mary, Help of Christians, Queen of Families

Day 53–**Precious Blood of Jesus** - Washes away & pays the price for our sin, reconciles humanity with God

Day 54–**FOL Devotion** - Blessed Lady, spread the effect of grace of thy Flame of Love, Unity Prayer of Jesus, Come Holy Spirit come by means of the power of the Flame of Love

Calendar Schedule

🕯️ 54-DAY ROSARY NOVENA

NOVEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
+GLORIOUS 01 PATERNAL GREAT-GREAT GRAND FATHER 1 All Saints Day	+JOYFUL 02 PATERNAL GREAT-GREAT GRAND MOTHER 1 All Souls' Day	+SORROWFUL 03 PATERNAL GREAT-GREAT GRAND FATHER 2	+GLORIOUS 04 PATERNAL GREAT-GREAT GRAND MOTHER 2 St. Charles Borromeo, Bishop	+LUMINOUS 05 PATERNAL GREAT-GREAT GRAND FATHER 3	+SORROWFUL 06 PATERNAL GREAT-GREAT GRAND MOTHER 3	+JOYFUL 07 PATERNAL GREAT-GREAT GRAND FATHER 4
+GLORIOUS 08 PATERNAL GREAT-GREAT GRAND MOTHER 4	+JOYFUL 09 MATERNAL GREAT-GREAT GRAND FATHER 1 Dedication of the Lateran Basilica	+SORROWFUL 10 MATERNAL GREAT-GREAT GRAND MOTHER 1 St. Leo the Great Pope & Doctor of the Church	+GLORIOUS 11 MATERNAL GREAT-GREAT GRAND FATHER 2 St. Martin of Tours, Bishop	+LUMINOUS 12 MATERNAL GREAT-GREAT GRAND MOTHER 2 St. Josaphat, Bishop & Martyr	+SORROWFUL 13 MATERNAL GREAT-GREAT GRAND FATHER 3 St. Cabrini, Virgin (USA)	+JOYFUL 14 MATERNAL GREAT-GREAT GRAND MOTHER 3
+GLORIOUS 15 MATERNAL GREAT-GREAT GRAND FATHER 4 St. Albert the Great Bishop & Doctor of the Church	+JOYFUL 16 MATERNAL GREAT-GREAT GRAND MOTHER 4 St. Gertrude, Virgin St. Margaret of Scotland	+SORROWFUL 17 PATERNAL GREAT GRAND FATHER 1 St. Elizabeth of Hungary, Religious	+GLORIOUS 18 PATERNAL GREAT GRAND MOTHER 1 Basilicas of Sts Peter & Paul	+LUMINOUS 19 PATERNAL GREAT GRAND FATHER 2	+SORROWFUL 20 PATERNAL GREAT GRAND MOTHER 2	+JOYFUL 21 MATERNAL GREAT GRAND FATHER 1 The Presentation of the Blessed Virgin Mary
+GLORIOUS 22 MATERNAL GREAT GRAND MOTHER 1 Christ the King St. Cecilia, Virgin & Martyr	+JOYFUL 23 MATERNAL GREAT GRAND FATHER 2 St. Clement I Pope & Martyr Bl Miguel Pro, Priest & Martyr	+SORROWFUL 24 MATERNAL GREAT GRAND MOTHER 2 St. Andrew Dung-Lac Priest & Companions Martyrs	+GLORIOUS 25 PATERNAL GREAT GRAND FATHER St. Catherine of Alexandria Virgin & Martyrs	+LUMINOUS 26 PATERNAL GREAT GRAND MOTHER	+SORROWFUL 27 MATERNAL GREAT GRAND FATHER	+JOYFUL 28 MATERNAL GREAT GRAND MOTHER
+GLORIOUS 29 FATHER FIRST SUNDAY OF ADVENT	+JOYFUL 30 MOTHER St. Andrew Apostle					+ MYSTERY OF THE DAY PATERNAL SIDE MATERNAL SIDE

Calendar Schedule

🕯️ 54-DAY ROSARY NOVENA

DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		+SORROWFUL 01 YOU	+GLORIOUS 02 DESCENDANTS	+LUMINOUS 03 7 DEADLY SINS PRIDE St. Francis Xavier, Priest	+SORROWFUL 04 7 DEADLY SINS GREED / AVARICE St. John Damascene, Priest & Doctor of the Church	+JOYFUL 05 7 DEADLY SINS ENVY
+GLORIOUS 06 SECOND SUNDAY OF ADVENT 7 DEADLY SINS ANGER / WRATH St. Nicholas, Bishop	+JOYFUL 07 7 DEADLY SINS LUST St. Ambrose, Bishop & Doctor of the Church	+SORROWFUL 08 7 DEADLY SINS GLUTTONY The Immaculate Conception of the Blessed Virgin Mary	+GLORIOUS 09 7 DEADLY SINS SLOTH St. Juan Diego	+LUMINOUS 10 SINS AGAINST GOD THE FATHER Our Lady of Loreto	+SORROWFUL 11 SINS AGAINST GOD THE SON St. Damasus I, Pope	+JOYFUL 12 SINS AGAINST GOD THE HOLY SPIRIT Our Lady of Guadalupe
+GLORIOUS 13 GAUDETE SUNDAY OF ADVENT SIN AGAINST SACRAMENTS BAPTISM St. Lucy Virgin & Martyr	+JOYFUL 14 SIN AGAINST SACRAMENTS EUCHARIST St. John the Cross Priest & Doctor of the Church	+SORROWFUL 15 SIN AGAINST SACRAMENTS CONFIRMATION	+GLORIOUS 16 SIN AGAINST SACRAMENTS CONFESSION	+LUMINOUS 17 SIN AGAINST SACRAMENTS MATRIMONY	+SORROWFUL 18 SIN AGAINST SACRAMENTS HOLY ORDERS	+JOYFUL 19 SIN AGAINST SACRAMENTS ANOINTING OF THE SICK
+GLORIOUS 20 FOURTH SUNDAY OF ADVENT INVOKER St. Michael & Guardian Angels	+JOYFUL 21 INVOKER St. Joseph St. Peter Canisius Priest & Doctor of the Church	+SORROWFUL 22 INVOKER Blessed Virgin Mary	+GLORIOUS 23 INVOKER Precious Blood of Jesus St. John of Kanty, Priest	+LUMINOUS 24 ACCEPTING the FLAME OF LOVE	25 CHRISTMAS DAY	26 St. Stephen, The First Martyr
27 Feast of the Holy Family St. John, Apostle & Evangelist	28 The Holy Innocents, Martyrs	29 St. Thomas Becket, Bishop & Martyr	30	31 St. Sylvester I, Pope		+ MYSTERY OF THE DAY PATERNAL SIDE MATERNAL SIDE

When

NOVEMBER 1ST TO DECEMBER 24

We begin on **All Saints' Day**, with the whole family of heaven cheering us on and reminding us where we are all headed. The next day, **All Souls'**, we remember the loved ones who still need our prayers.

We end on **Christmas Eve**, Day 54, **by accepting the Flame of Love into our hearts** - a gift to unwrap on Christmas morning. On **Christmas Day**, when tradition holds that so many souls are freed from Purgatory, our family can stand together at the crib-the living and the departed, healed and at peace. 2

Prayers before the Rosary

54-DAY ROSARY NOVENA

Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, 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 sin no more and to avoid the near occasion of sin. Amen.

Renouncing Generational Sin and Its Effects

In the name of Jesus, I bring before You the sins committed by my parents, grandparents, and ancestors, and the wounds, harmful patterns, and consequences that have affected me. I renounce every sin and pattern that I have personally embraced, and I ask You to heal what has harmed me and to protect my future generations from repeating it.

I ask You, Lord Jesus, by the power of Your Most Precious Blood, to free me and my future generations from every evil influence and to heal the harmful effects of sin in our family. Amen.

Healing the Family Tree by Fr. John Hampsch, CMF

Heavenly Father, I come before You as Your child, in great need of Your help; I have physical health needs, emotional needs, spiritual needs, and interpersonal needs. Many of my problems have been caused by my own failures, neglect and sinfulness, for which I humbly beg Your forgiveness, Lord. But I also ask You to forgive the sins of my ancestors, whose failures have left their effects on me in the form of unwanted tendencies, behavior patterns, and defects in body, mind and spirit. Heal me, Lord, of all these disorders.

Prayers before the Rosary

FOL 54-DAY ROSARY NOVENA

With Your help, I sincerely forgive everyone (NN., inaudibly name the persons if possible), living or dead members of my family tree, who have directly offended me or my loved ones in any way, or those whose sins have resulted in our present sufferings and disorders. In the name of Your divine Son Jesus, and in the power of His Holy Spirit, I ask You, Father, to deliver me and my entire family tree from the influence of the evil one.

Free all living and dead members of my family tree, including those in adoptive relationships, and those in extended family relationships, from every contaminating form of bondage. By Your loving concern for us, heavenly Father, and by the blood shed of Your precious Son Jesus, I beg You to extend Your blessing to me and all my living and deceased relatives. Heal every negative effect transmitted through all past generations and prevent such negative effects in future generations of my family tree.

I symbolically place the Cross + of Jesus over the head of each person in my family tree and between each generation; and I ask You to let the cleansing blood of Jesus purify the bloodlines in my family lineage. Set protective angels to encamp around us and permit Archangel Raphael, the Patron of Healing, to administer Your divine healing power to all of us, even in areas of genetic disability. Give special power to our family members' guardian angels to heal, protect, guide and encourage each of us in all our needs. Let Your healing power be released at this very moment and let it continue as long as Your sovereignty permits.

In our family tree, Lord, replace all bondage with a holy bonding in family love and let there be an ever-deeper bonding with You, Lord, by the Holy Spirit to Your Son, Jesus. Let the family of the Holy Trinity pervade our family with its tender, warm, loving presence, so that our family may recognize and manifest the love in all our relationships. We include in this petition all of our needs, both known and unknown, as we pray. In Jesus' + precious name. Amen.



The 54-Day Rosary Novena

State Intention: Intention of the Day (see pages 2-3 & page 4 calendars)

We pray for each living & departed family member of our family tree, asking for their healing and release from Purgatory (pause for a moment of silence).

Meditation on the Five Sacred Wounds of our Lord, Jesus Christ

We offer ourselves to the Heavenly Father through all the wounds of our Savior, Jesus Christ:

We kiss the wound of your Sacred Left Hand, with sorrow deep and true.

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

We kiss the wound of your Sacred Right Hand, with sorrow deep and true.

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

We kiss the wound of your Sacred Left Foot, with sorrow deep and true.

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

We kiss the wound of your Sacred Right Foot, with sorrow deep and true.

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

We kiss the wound of your Sacred Side, with sorrow deep and true.

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



The Apostles' Creed

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; on the third day He rose again from the dead. He ascended into heaven, and is seated at the right hand of God, the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

The Lord's Prayer

Our Father who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary (three times)

Hail Mary, full of grace, the Lord is with Thee, blessed are Thou among women, and blessed is the fruit of Thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, *spread the effect of grace of Thy Flame of Love over all of humanity*, now and at the hour of our death. Amen.

Glory Be

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

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those most in need of Thy mercy.

Invocation to the Holy Spirit

Come Holy Spirit! Come by means of the power of the Flame of Love of the Immaculate Heart of Mary.

PRAYERS FOR EACH DECADE

The Lord's Prayer

Hail Mary (10 times)

Glory Be

Fatima Prayer

Invocation to the Holy Spirit

CONCLUDING & DEVOTIONAL PRAYERS

Hail Holy Queen

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, thine eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Rosary Prayer

Let Us Pray, O God, whose only begotten Son, by His life, death and resurrection has purchased for us the rewards of eternal life, grant, we beseech Thee, that while meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

May the Divine assistance remain always with us. And may the souls of the faithful departed, through the mercy of God rest in peace. Amen.

The Unity Prayer

My adorable Jesus,
May our feet journey together.
May our hands gather in unity.
May our hearts beat in unison.
May our souls be in harmony.
May our thoughts be as one.
May our ears listen to the silence together.
May our glances profoundly penetrate each other.
May our lips pray together to gain mercy from the Eternal Father. Amen.



Prayer to Saint Michael the Archangel

Saint Michael the Archangel defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, cast into hell, Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

Litany

Most Sacred Heart of Jesus, have mercy on us. Immaculate Heart of Mary, pray for us. Most Chaste Heart of St. Joseph, pray for us. St. Joseph, Terror of Demons, pray for us.

Meditation on the Five Sacred Wounds of our Lord, Jesus Christ

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Mysteries

OF THE HOLY ROSARY

Joyful Mysteries (Mondays and Saturdays)

1. The Annunciation to Mary
2. The Visitation of Mary
3. The Birth of our Lord Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

Sorrowful Mysteries (Tuesdays and Fridays)

1. The Agony of Jesus in the Garden
2. The Scourging of Jesus at the Pillar
3. The Crowning of Jesus with Thorns
4. The Carrying of the Cross by Jesus to Calvary
5. The Crucifixion and Death of Jesus on the Cross

Glorious Mysteries (Wednesdays and Sundays)

1. The Resurrection of Jesus
2. The Ascension of Jesus into Heaven
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Crowning of Mary as Queen of Heaven and Earth

Luminous Mysteries (Thursdays)

1. The Baptism of Jesus in the Jordan River
2. The First Miracle of Jesus at the Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration of Jesus
5. The Institution of the Holy Eucharist