

40 Day Devotion to Saint Michael the Archangel

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“The angels exist, they are sent by Divine Providence in order that they may help us to reach holiness of life.” John Paul II

“My sons, we are drawing nigh to our forty days’ fast of St. Michael the Archangel; and I firmly believe that it is the will of God that we keep this fast in the mountain of Alvernia, the which by Divine dispensation hath been made ready for us, to the end that we may, through penance, merit from Christ the consolation of consecrating that blessed mountain to the honor and glory of God and of His glorious mother, the Virgin Mary, and of the holy angels”.



Starting Day: 15th August

(Solemnity of the
Assumption of Mary)

Final Day: 29th September

(Feast of the Holy Archangels
– Saint Michael, Saint Gabriel,
and Saint Raphael)

Practical Recommendations:

- Light a blessed candle before a statue or image of Saint Michael, the Archangel.
- Make the sign of the Cross.
- Offer a particular sacrifice during the 40 days
- Seek the Sacrament of Reconciliation at some point during the 40 days.
- Offer this devotion to a special intention or grace you are seeking.

It was during this fast that St. Francis received the stigmata, the holy wounds of Jesus Christ. Francis' experience reminds us of the importance of fasting and spending time alone with God. These practices shouldn't be reserved to the 40 days of Lent before Easter but are applicable throughout the calendar year. We are always invited to draw closer to God, and St. Michael the Archangel is a powerful intercessor who stands ready to defeat our spiritual enemies so that we can embrace the freedom that is found in Jesus Christ.

There is not an official guideline for this devotion, as long as it is carried out as a penitential time similar to what it is done during the liturgical Lent (considering that this last one is higher in order of importance, of course). This means that the Lent of Saint Michael can be equally dedicated to deepen one's prayer life, to offer something up as a sign of sacrifice for a particular intention, and to seek more often the Sacraments, especially the Holy Eucharist and Confession. However, as mentioned before, some other devotional practices were added such as the recitation of a few prayers and some form of fasting.

Source: Emanuela Cardoso, missionary of Shalom Catholic Community (<https://comshalom.org/en/saint-michaels-lent-have-you-heard-of-it/>).

Source: <https://aleteia.org/2019/08/14/st-michaels-lent-a-period-of-fasting-observed-by-st-francis-of-assis>



Source: giottodibondone.org/Receiving-The-Stigmata-1300.html

Excerpt from The Catholic Home
Celebrations and traditions for holidays, feast days and every day
By Meredith Gould

“For centuries, St. Michael’s Day was celebrated with great feasts.”

“The traditional St. Michael’s Bannock is a bread-like cake more appropriate for breakfast” (pg. 1555).

St. Michael’s Bannock: “While the oven is preheating to 375F, mix together 2 cups flour, 2 tablespoons sugar, ½ teaspoon baking powder. ½ teaspoon baking soda, and ¼ teaspoon salt. Cut in 2 tablespoons butter, then add 1 cup of buttermilk or yogurt to make a soft dough... Toss in a handful (or two) of currants or raisins. On a floured surface, knead the dough until smooth, then pat into an 8in round loaf and bake for 40 minutes or a greased cookie sheet. To get the full festive effect, score the dough with crosses. Cool on a cookie rack. For optimal pleasure, serve warm with butter and jam” (pgs. 1570-1571).

“Among the English, Celts, and Scots [for dinner] this meant tucking into a roasted goose fattened on corn and barley, harvest leftovers. [Season with] salt and pepper; stuff it with a bread dressing seasoned with sage and onion... keep accompaniments relatively light, although you must include carrots!”

“Eat a goose on Michaelmas Day, you’ll never want for money all the year round.” (pgs. 1554-1555).

“What’s for dessert? Angel food cake” (pg. 1555).

“In Scotland, carrots feature big at the Michaelmas feast...women and girls harvest wild carrots, then tie them together with a red thread to form bouquets. Michaelmas guests receive these carrot bouquets as gifts” (pg. 1563).

“The Michaelmas daisy plants... are flowering. Go out and cut yourself a bunch” (pg. 1571).

“As you petition any or all of the archangels, lighting candles will help you memorize their special prayers. Each archangel can be represented by a white candle, but let the spirit move you to use any of their other symbolic colors. For St. Michael, orange or gold. For St. Gabriel, silver or blue. For St. Raphael, yellow or gray” (pg. 1571).

Recommended Prayers:

The Chaplet of St. Michael the Archangel

The Chaplet of St. Michael is a wonderful way to honor this great Archangel along with the other nine Choirs of Angels. What do we mean by Choirs? It seems that God has created various orders of Angels. Sacred Scripture distinguishes nine such groupings: Seraphim, Cherubim, Thrones, Dominations, Powers, Virtues, Principalities, Archangels and Angels (Isa. 6: 2; Gen. 3: 24; Col. 1: 16; Eph. 1: 21; Rom. 8: 38). There may be more groupings but these are the only ones that have been revealed to us. The Seraphim is believed to be the highest Choir, the most intimately united to God, while the Angelic Choir is the lowest. The history of this Chaplet goes back to a devout Servant of God, Antonia d'Astonac, who had a vision of St. Michael. He told Antonia to honor him by nine salutations to the nine Choirs of Angels. St. Michael promised that whoever would practice this devotion in his honor would have, when approaching Holy Communion, an escort of nine angels chosen from each of the nine Choirs. In addition, for those who would recite the Chaplet daily, he promised his continual assistance and that of all the holy angels during life, and after death deliverance from purgatory for themselves and their relations.

O God, come to my assistance. O Lord, make haste to help me.
Glory be to the Father, etc.

[Say one Our Father and three Hail Mary after each of the following nine salutations in honor of the nine Choirs of Angels]

1. By the intercession of St. Michael and the celestial Choir of Seraphim may the Lord make us worthy to burn with the fire of perfect charity.

Amen.

2. By the intercession of St. Michael and the celestial Choir of Cherubim may the Lord grant us the grace to leave the ways of sin and run in the paths of Christian perfection.

Amen.

3. By the intercession of St. Michael and the celestial Choir of Thrones may the Lord infuse into our hearts a true and sincere spirit of humility.

Amen.

4. By the intercession of St. Michael and the celestial Choir of Dominations may the Lord give us grace to govern our senses and overcome any unruly passions.

Amen.

5. By the intercession of St. Michael and the celestial Choir of Virtues may the Lord preserve us from evil and falling into temptation.

Amen.

6. By the intercession of St. Michael and the celestial Choir of Powers may the Lord protect our souls against the snares and temptations of the devil.

Amen.

7. By the intercession of St. Michael and the celestial Choir of Principalities may God fill our souls with a true spirit of obedience.

Amen.

8. By the intercession of St. Michael and the celestial Choir of Archangels may the Lord give us perseverance in faith and in all good works in order that we may attain the glory of Heaven.

Amen.

9. By the intercession of St. Michael and the celestial Choir of Angels may the Lord grant us to be protected by them in this mortal life and conducted in the life to come to Heaven.
Amen.

Say one Our Father in honor of each of the following leading Angels: St. Michael, St. Gabriel, St. Raphael and our Guardian Angel.

Concluding prayers:

O glorious prince St. Michael, chief and commander of the heavenly hosts, guardian of souls, vanquisher of rebel spirits, servant in the house of the Divine King and our admirable conductor, you who shine with excellence and superhuman virtue deliver us from all evil, who turn to you with confidence and enable us by your gracious protection to serve God more and more faithfully every day.

Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ, that we may be made worthy of His promises.

Almighty and Everlasting God, Who, by a prodigy of goodness and a merciful desire for the salvation of all men, has appointed the most glorious Archangel St. Michael Prince of Your Church, make us worthy, we ask You, to be delivered from all our enemies, that none of them may harass us at the hour of death, but that we may be conducted by him into Your Presence. This we ask through the merits of Jesus Christ Our Lord.
Amen.

Act of Consecration to Saint Michael the Archangel

O most noble Prince of the Angelic Hierarchies, valorous warrior of Almighty God and zealous lover of His glory, terror of the rebellious angels, and love and delight of all the just angels, my beloved Archangel Saint Michael, desiring to be numbered among your devoted servants, I, today offer and consecrate myself to you, and place myself, my family, and all I possess under your most powerful protection.

I entreat you not to look at how little, I, as your servant have to offer, being only a wretched sinner, but to gaze, rather, with favorable eye at the heartfelt affection with which this offering is made, and remember that if from this day onward I am under your patronage, you must during all my life assist me, and procure for me the pardon of my many grievous offenses, and sins, the grace to love with all my heart

my God, my dear Savior Jesus, and my Sweet Mother Mary, and to obtain for me all the help necessary to arrive to my crown of glory. Defend me always from my spiritual enemies, particularly in the last moments of my life.

Come then, oh Glorious Prince, and succor me in my last struggle, and with your powerful weapon cast far from me into the infernal abysses that prevaricator and proud angel that one day you prostrated in the celestial battle. Amen.

St. 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 hosts, 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.

Most Sacred Heart of Jesus!

Most Sacred Heart of Jesus!

Most Sacred Heart of Jesus!

Litany of St. Michael the Archangel

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us.

Christ, graciously hear us.

God the Father of Heaven, have mercy on us.

God the Son, Redeemer of the world, have mercy on us.

God the Holy Spirit, have mercy on us.

Most Holy Trinity, One God, have mercy on us.

Holy Mary, Queen of Angels, pray for us.

St. Michael, pray for us.

St. Michael, filled with the wisdom of God, pray for us.

St. Michael, perfect adorer of the Incarnate Word, pray for us.

St. Michael, crowned with honour and glory, pray for us.

St. Michael, most powerful Prince of the armies of the Lord, pray for us.

St. Michael, standard-bearer of the most Holy Trinity, pray for us.

St. Michael, guardian of Paradise, pray for us.

St. Michael, guide and comforter of the people of Israel, pray for us.

St. Michael, splendour and fortress of the Church Militant, pray for us.

St. Michael, honour and joy of the Church Triumphant, pray for us.

St. Michael, light of Angels, pray for us.

St. Michael, bulwark of orthodox believers, pray for us.

St. Michael, strength of those who fight under the standard of the Cross, pray for us.

St. Michael, light and confidence of Souls at the hour of death, pray for us.

St. Michael, our most sure aid, pray for us.

St. Michael, our help in all adversities, pray for us.

St. Michael, herald of the everlasting sentence, pray for us.

St. Michael, consoler of Souls detained in the flames of Purgatory, pray for us.

St. Michael, whom the Lord has charged to receive Souls after death, pray for us.

St. Michael, our prince, pray for us.

St. Michael, our advocate, pray for us.

Lamb of God, Who takes away the sins of the world, spare us O Lord.

Lamb of God, Who takes away the sins of the world, graciously hear us O Lord.

Lamb of God, Who takes away the sins of the world, have mercy on us.

Jesus Christ, hear us.

Jesus Christ, graciously hear us.

Pray for us, O glorious St. Michael, Prince of the Church of Jesus Christ.

That we may be made worthy of His promises.

Let us pray:

Sanctify us, we beseech Thee, O Lord Jesus, with Thy holy blessing, and grant us, by the intercession of St. Michael, that wisdom which teaches us to lay up treasures in Heaven by exchanging the goods of this world for those of eternity, You Who lives and reigns world without end. Amen.

Source:ewtn.com/catholicism/devotions/chaplet-of-st-michael-the-archangel-386