



Mary, Spouse of the Holy Spirit

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate Mary as the spouse of the Holy Spirit.*

INTRODUCE TOPIC & SCRIPTURE Luke 1:35 "...The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God."

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE (Psalm 89:6a) **"The heavens proclaim your wonders, O Lord."**

MEDITATION: Mary "became the Mother of God because she was the Spouse of the Holy Spirit."³ The angel in the Gospel of Luke said to Mary, "*The Holy Spirit will come upon you, and the power of the Most High will overshadow you.*" This explained "the mysterious, divine manner in which she would become a mother, the Mother of the Son of God. At that moment the Holy Spirit, who had already possessed Mary's soul from the first moment of her Immaculate Conception, came upon her with such exceptional plenitude that He formed within her the sacred Body of Jesus. Justly, therefore, does Mary deserve the name of Spouse of the Holy Spirit: she is His possession, His sanctuary, His temple."⁴

Our Lady is the Chosen Spouse of the Holy Spirit. She is united to the Paraclete in an inconceivable closeness. This closeness is so complete that His Will has become hers and everything she does is in conformity to that. We can look to Mary for inspiration and to be a model we can imitate.

RESOLUTION: (Re-read Scripture.) Mary was completely docile to the will of God and the promptings of the Holy Spirit. In what part of my life must I be more docile to God's Holy Will? Holy Spirit, come.

"O Mary, you are holy in body and mind... You are the garden enclosed, the sealed fountain, the temple of the Lord, the sanctuary of the Holy Spirit; you are the wise Virgin who not only provided herself with oil, but filled her lamp with it..."⁵ Help me, Mary, "to overcome the resistance of my pride, my selfishness and my cowardice, so that my soul may open itself fully to the invasion of grace, abandoning itself with docility to the action of the Holy Spirit, promptly following His impulses, inspirations and invitations."⁶

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You. Mary, Spouse of the Holy Spirit: **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Gabriel of St. Mary Magdalen, O.C.D., *Divine Intimacy*, published by **Baronius Press**. Part 171.1 Used with permission.

⁴ Ibid

⁵ St. Bernard as quoted by Fr. Gabriel of St. Mary Magdalen, O.C.D., *Divine Intimacy*, published by **Baronius Press**. Part 171.3 Used with permission.

⁶ Ibid.

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

