



Mary, Our Mother

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 our mother.*

INTRODUCE TOPIC & SCRIPTURE John 19:26 *"When Jesus saw his mother and the disciples there whom he loved, he said to his mother, 'Woman, behold your son.' Then he said to the disciple, 'Behold, your mother.' And from that hour the disciple took her into his home."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE (Based on Psalm 4:8) ***"Lord, you have given my heart joy."***

MEDITATION

"The heart of every Christian turns spontaneously toward his heavenly Mother, with a desire to live in closer intimacy with her and to strengthen the sweet ties which bind him to her. It is a great comfort on our spiritual way, which is often fatiguing and bristling with difficulties, to meet the gentle presence of a mother.

One is so at ease near one's mother. With her, everything becomes easier; the weary discouraged heart, disturbed by storms finds new hope and strength, and continues the journey with fresh courage... Mary comes to meet us..." to take us by the hand, to initiate us into the secret of her interior life which must become the model and norm of our own.³

RESOLUTION

(Re-read Scripture.) What an incredible gift Christ gave us in the gift of his own mother. She has long been known as "The Cause of our Joy." With great love, she is always ready to teach us, console us, help us grow in wisdom, and lead us to the source of all happiness: her son, Jesus Christ. Have I embraced Christ's gift of Mary as my mother? Do I seek her guidance and intercession? Do I love her? Have I opened to her my heart and welcomed her to my home?

Jesus, share with me your love and devotion for your most blessed mother. May she always be present in my heart and my home.

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, our loving Mother: **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 169.1 Used with permission.

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

