



Devotion to Mary

Submitted by: Chris Mautino

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 devotion to Mary.*

INTRODUCE TOPIC & SCRIPTURE Luke 1:48 "For behold, henceforth all generations will call me *blessed*"
BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE Psalm 150:2 **"Praise Him for the mighty things He has done".**

MEDITATION "God wants to form saints from little souls. He wants to form saints according to the pattern of the Immaculate Conception of Mary.... The Immaculate Conception of Mary, the grace whereby she was conceived without the stain of original sin, is an incredible gift of mercy. What's particularly remarkable is that Mary did nothing to deserve or merit this grace. It was a total gift - won by the merits of her Son....It was God's own initiative to give this totally free and wonderful gift."³ "God is offering the people of our time a powerful and effective way to become great saints,....because our times are so perilous, and God wants his mercy to triumph through Mary. So, he gives us poor, sinful souls an amazing gift.....It's the spirituality of a true devotion to Mary..."³

"So, it's Mary's great God-given task, in union with and by the power of the Holy Spirit, to form every human being into 'another Christ,' that is, to unite everyone to the Body of Christ and form each person into a fully mature member of this Body."⁴

RESOLUTION (Re-read Scripture.) "The more we honor the Blessed Virgin, the more we honor Jesus Christ, because we honor Mary only that we may the more perfectly honor Jesus, since we go to her only as the way by which we are to find the end we are seeking, which is Jesus."⁵ In these quiet moments, think about your relationship with Mary. What can you do to foster a deeper relationship with the Blessed Mother?

Mother Mary, I place all my trust in you. Mother Mary, I bind myself to your Immaculate Heart, keep me safe always under your Holy Mantle.

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, All Beautiful: **pray for us**; St. Joseph: **pray for us**; St. Louis de Montfort (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 4

³ Gaitley, Michael E. MIC, *33 Days to Morning Glory*, Marian Press, Stockbridge MA, 01263, 2011, p.23

⁴ Ibid, p.24

⁵ St. Louis de Montfort

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

