

30 Days of Prayer *With* MARY

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Introduction

This pamphlet is but a simple guide of prayer to Mary, the mother of Jesus, the Mother of the Church. These prayers span the centuries! We begin with the “Hail Mary,” the prayer to Mary most Catholics know by heart, and end with Mary’s own hymn-prayer of gratitude, “The Magnificat.” In between you will find prayers selected from traditional and contemporary sources.

Allow this guide to inspire you to discover new ways of praying with Mary. Perhaps it will lead you to find words of your own to compose prayers in praise of the Mother of God, or to discover your own voice in asking for her intercession.

The prayers in this book are drawn from Scripture or from books available from Liguori Publications. The individual titles from which the prayers are drawn are noted on each page. If you are interested in additional aids to your prayer with Mary, we invite you to seek out these resources.

May your relationship with Mary only deepen and flourish through these thirty days of prayer. May

Mary lead you ever deeper into the mystery of life and invite you to join her in the unending hymn of praise and thanks to our God.

1 Hail Mary

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,
now and at the hour of our death.
Amen.

Page 105, *The Essential Mary Handbook*

2 Prayer of Saint Alphonsus Liguori to the Sorrowful Mother

My sorrowful Mother, by the merit of that grief which you felt at seeing your beloved Jesus led to death, obtain for me the grace to bear with patience those crosses which God sends me. I will be fortunate if I

also shall know how to accompany you with my cross until death. You and Jesus, both innocent, have borne a heavy cross; and shall I, a sinner who has merited hell, refuse mine? Immaculate Virgin, I hope you will help me to bear my crosses with patience.

Amen.

Pages 126–127, *The Essential Catholic Prayer Book*

3 We Fly to Your Protection—*Sub Tuum*

We fly to your protection,
O holy Mother of God;
Despise not our petitions
In our necessities,
But deliver us always from all danger,
O glorious and blessed Virgin.
Amen.

Page 117, *The Essential Catholic Prayer Book*

4 To Pray and Ponder

Mary, pray that I might treasure life
beauty
goodness
opportunity
truth.

Mary, pray that I might ponder
how to defend life
how to see and hear beauty
how to affirm and share goodness
how to grasp and utilize opportunity
how to seek and proclaim truth.

Mary, pray that I treasure what I have
and ponder what I might become.
Amen.

Page 66, *The People's Prayer Book*

5 Prayer to Our Lady of Guadalupe

Beautiful Lady of Tepeyac Hill,
Clothed in rays of sunshine bright,
Softly etched on a peasant's cloak,
Your radiant beauty brings delight.
Not to the Fathers did you appear,
nor to bishops in hallowed hall.
To a people oppressed, you turn your face;
to a race mistreated, you call.
From these people you chose a son, Juan Diego,
suffering servant;
Juan Diego, simple Aztec saint.
As roses blossomed in rocky soil, out of season,
out of place,
So did hearts frozen in hatred melt, and
So did radiant faith take root.
Virgin, Mother of our God, soften our hearts and
fill them now;
call us out of our narrowness;
challenge us in our shallowness, and
bring us into your Son's embrace.
Amen.

6 Prayer of Saint John Paul II to Our Lady of the Third Millennium

Mother of the Redeemer, with great joy we call you blessed.

In order to carry out his plan of salvation,
God the Father chose you before the creation of the world.

You believed in his love and obeyed his word.

The Son of God desired you for his Mother when he became man to save the human race.

You received him with ready obedience and undivided heart.

The Holy Spirit loved you as his mystical spouse and he filled you with singular gifts.

You allowed yourself to be led by his hidden and powerful action.

In this third Christian millennium, we entrust to you the Church which acknowledges you and invokes you as Mother.

To you, Mother of the human family and of the nations, we confidently entrust the whole of humanity, with its hope and fears.

Do not let it lack the light of true wisdom.

Guide its steps in the ways of peace.

Enable all to meet Christ, the Way and the Truth
and the Life.

Sustain us, O Virgin Mary, on our journey of
faith and obtain for us the grace of eternal salvation.

O clement,

O loving,

O sweet Mother of God and our Mother, Mary.

Amen.

Pages 127–128, *The Essential Mary Handbook*

7 Psalm 131

O Lord, my heart is not proud
nor do I have arrogant eyes.
I am not engrossed in ambitious matters,
nor in things too great for me.

I have quieted and stilled my soul
like a weaned child on its mother's lap;
like a contented child is my soul.
Hope in the Lord, O Israel,
now and forever.

8 “And the Litany Lingers On”: An Adapted Litany of Mary

Our Lady of Lourdes, pray for us.
Our Lady of Knock, pray for us.
Our Lady of Fátima, pray for us.
Our Lady of Mount Carmel, pray for us.
Our Lady of Guadalupe, pray for us.
Queen of the Rosary, pray for us.
Queen of Apostles, pray for us.
Queen of Peace, pray for us.
Queen of Prophets, pray for us.
Queen of Heaven and Earth and All the Saints,
pray for us.

Our Lady, Refuge of Sinners, pray for us.
Our Lady, Help of Christians, pray for us
Our Lady, Comforter of the Sick, pray for us.
Mother of Perpetual Help, pray for us.
Mother of Mercy, pray for us.
Mother Most Amiable, pray for us.
Mother Most Mild, pray for us.
Mother of Sorrows, pray for us.
Mother of Good Counsel, pray for us.
Mother of Mercy, pray for us.

Our Lady of Wisdom, pray for us.
Our Lady of Serenity, pray for us.
Our Lady of Faithfulness, pray for us.
Our Lady of Compassion, pray for us.
Our Lady of Light, pray for us.
Our Lady of Persistence, pray for us.

9 The Memorare

Remember, O most gracious Virgin Mary
that never was it known
that anyone who fled to your protection,
implored your help, or sought your intercession
was left unaided.
Inspired with this confidence,
I fly to you, O virgin of virgins, my Mother.
To you I come,
before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions
but in your mercy, hear and answer me.
Amen.

Page 117, *The Essential Catholic Prayer Book*