

Scripture Readings and Reflections

Mary's life, as depicted in the Gospels and the Acts of the Apostles, and her venerated role in the Church continue to inspire believers across generations. Her virtues of faith, obedience, compassion, and hope serve as a guiding light for us to emulate in our daily lives. By looking to Mary, we are reminded of the profound impact of a life dedicated to God's will and the transformative power of love and service. As we strive to follow her example, may we draw closer to God and embody the values that Mary so beautifully exemplified.

Mary to Jesus

A Prayer Journey Through the Life of Mary in Scripture

Introduction

Mary is often called the Mother of God, yet before she carried Jesus in her womb, she was a daughter of Israel, a young woman who listened to God with profound trust and courage. The Bible reveals Mary not as distant or unreachable, but as deeply human. She experienced uncertainty and sacrifice, waiting and suffering, yet through every moment of her life, she allowed God to lead her.

We do not go to Mary instead of Jesus. We go to Mary because she always leads us to Jesus. At the wedding feast in Cana, her words remain her mission for every Christian life: "Do whatever he tells you." Mary never points to herself; she points to God.

Mary helps ordinary people discover that holiness is possible in everyday life. She teaches us how to trust God when the future is unclear, how to remain faithful in suffering, and how to love with humility and courage. This prayer series follows the moments in Scripture where Mary appears, inviting us to enter her journey and pray for the grace to imitate her virtues in our own lives.

1. Mary Chosen by God

The Annunciation *God calls ordinary people for extraordinary purposes.*

The Scripture "The angel said to her, 'Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus.' Mary said, 'Here am I, the servant of the Lord. Let it be with me according to your word.'" (Luke 1:30 to 31, 38)

The Reflection The Annunciation reveals the beginning of salvation through Mary's free and courageous "yes" to God. God did not force Mary; He invited her. Her response became the doorway through which Jesus entered our world. Mary trusted even when she did not fully understand. Her faith teaches us that God's plans are often greater than our own fears. Today, we often struggle with uncertainty about our vocation, identity, and purpose. Mary reminds us that faith begins not with having all the answers, but with trusting God one step at a time.

The Prayer Lord God, You chose Mary, a humble young woman, to carry Your Son into the world. Teach us to trust You with the same courage and openness. When fear overwhelms us, help us remember that Your grace is enough. Give us hearts that listen and faith that says yes to Your will. May we become people who bring Jesus to others through kindness, truth, and love. Amen.

2. Mary Visits Elizabeth

The Visitation *True love moves us to serve others.*

The Scripture “When Elizabeth heard Mary’s greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit.” (Luke 1:41) “My soul magnifies the Lord, and my spirit rejoices in God my Saviour.” (Luke 1:46 to 47)

The Reflection After receiving the message of the angel, Mary immediately travelled to help her cousin Elizabeth. Mary carried Jesus within her and brought joy wherever she went. Her Magnificat is a song of praise that reveals her humility and complete trust in God. She teaches us that faith is not self-centred. A heart filled with God naturally reaches out to others. In a world focused on success and self-promotion, Mary reminds us that true greatness is found in service and compassion.

The Prayer Lord, teach us to carry Your presence into the lives of others. Help us become people who bring encouragement and hope. Like Mary, may we recognise that every blessing comes from You. Remove pride from our hearts and fill us with humility and gratitude. May our lives reflect Your goodness. Amen.

3. Mary Gives Birth to Jesus

The Nativity *God enters the simplicity of human life.*

The Scripture “She gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger.” (Luke 2:7)

The Reflection Jesus, the Son of God, was born in poverty and simplicity. Mary welcomed Him with love despite her difficult circumstances. The manger reminds us that God often appears where the world least expects Him. While many today measure worth through wealth or achievement, the birth of Jesus shows us that true value is found in love. Mary teaches us to welcome God into the most ordinary moments of our lives.

The Prayer Jesus, You entered the world through the loving care of Mary. Help us to welcome You into our homes, our work, and our struggles. Teach us not to seek importance in worldly success alone. Give us simple hearts that make room for Your presence. May we recognise You in the poor and the forgotten. Amen.

4. Mary Presents Jesus in the Temple

The Presentation *Every gift belongs first to God.*

The Scripture “Simeon blessed them and said to Mary his mother, ‘And a sword will pierce your own soul too.’” (Luke 2:34 to 35)

The Reflection Mary and Joseph faithfully presented Jesus in the Temple. While Simeon recognised Jesus as the Saviour, he also foretold the suffering Mary would endure. Following God does not remove sorrow from our lives, but Mary shows us that faithfulness remains possible even in sacrifice. When we face disappointment or anxiety, Mary reminds us that God remains present in every painful season.

The Prayer Father, teach us to offer our lives back to You. When suffering enters our journey, help us remain faithful. Give us the courage to trust You even when we do not understand our pain. Like Mary, may we remain close to Jesus through every joy and every sorrow. Amen.

5. Mary Flees into Egypt

The Flight into Egypt *God protects and guides His people.*

The Scripture “Joseph got up, took the child and his mother by night, and went to Egypt.” (Matthew 2:14)

The Reflection Mary, Joseph, and Jesus became refugees, fleeing danger and violence. Mary trusted God even in unfamiliar and frightening circumstances. Her journey reminds us that God walks with us during our own difficult transitions and moments of instability. She understands the heart of those who feel lost or uncertain about their safety and future.

The Prayer Lord, be close to all who are afraid or struggling. When life feels uncertain, help us trust Your guidance. Teach us to care for the vulnerable and those without security. May we remember that You are our refuge and strength. Amen.

6. Mary Searches for Jesus

The Finding of Jesus in the Temple *Seeking Jesus must remain the centre of life.*

The Scripture “After three days they found him in the temple, sitting among the teachers.” (Luke 2:46)

The Reflection Mary and Joseph searched anxiously for Jesus after He remained behind in Jerusalem. This moment reveals the depth of Mary's love and her commitment to pondering God's mysteries in her heart. We often lose sight of Jesus amid the busyness of life. Mary teaches us to keep searching for Christ even when our faith feels difficult or confusing.

The Prayer Jesus, when we feel distant from You, draw us back. Help us seek You above comfort or popularity. Give us hearts that hunger for truth. Like Mary, may we keep Your words close within us. Amen.

7. Mary at Cana

The Wedding at Cana *Mary leads people to trust Jesus.*

The Scripture “His mother said to the servants, ‘Do whatever he tells you.’” (John 2:5)

The Reflection At Cana, Mary noticed the needs of others and brought them to Jesus. Her final recorded words in Scripture direct all people toward obedience to Christ. She teaches us to be attentive to the needs around us and to bring them to God in prayer. In times of confusion, her advice remains timeless: listen to Jesus and follow Him.

The Prayer Mary, teach us to trust Jesus more deeply. Help us listen to His voice in prayer and in the people we meet. Open our eyes to the needs of others. May our lives point people not to ourselves, but to Christ. Amen.

8. Mary Meets Jesus on the Way to the Cross

Mary on the Road to Calvary *True love stays present in suffering.*

The Scripture “A sword will pierce your own soul too.” (Luke 2:35) “Jesus went out, bearing his own cross.” (John 19:17)

The Reflection Although the Gospels do not describe this meeting, tradition invites us to reflect on Mary’s silent presence as Jesus carried His cross. Mary could not remove the cross, but she remained close to Him. Her presence was a sign of faithful love. Mary teaches us that sometimes the greatest act of love is simply being present for someone who is suffering, offering the strength of our silent compassion.

The Prayer Mother Mary, teach us to remain close to those who suffer. Help us not to run away from pain. Give us compassionate hearts that listen and support. When we carry our own heavy crosses, remind us that Jesus walks beside us. Amen.

9. Mary at the Foot of the Cross

Mary at Calvary *Love remains faithful even in suffering.*

The Scripture “Standing near the cross of Jesus were his mother and his mother’s sister.” (John 19:25) “When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, ‘Woman, here is your son.’” (John 19:26)

The Reflection Mary remained beside Jesus during His death. She did not run away. At the cross, Jesus entrusted Mary to the beloved disciple, giving her as a

mother to all of us. Mary teaches us courage and unconditional love. She reminds us that God remains close even in our darkest hours of grief or disappointment.

The Prayer Jesus, teach us to remain faithful in difficult moments. When suffering comes, help us not to lose hope. Give us strength to stand beside those who are hurting. Through Mary's example, teach us a love that never abandons others. Amen.

10. Mary Waits with the Apostles

Pentecost *The Holy Spirit strengthens the Church.*

The Scripture "All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus." (Acts 1:14)

The Reflection After the Resurrection, Mary prayed with the disciples while waiting for the Holy Spirit. She stood at the birth of the Church just as she stood at the birth of Jesus. Mary teaches us the importance of prayer and perseverance. The Holy Spirit continues to guide us today, calling us to be joyful witnesses of Christ in our own communities.

The Prayer Holy Spirit, fill our hearts with courage and wisdom. Teach us to pray with trust. Like Mary, may we remain open to Your guidance. Help us become witnesses of the Gospel in our families, schools, and workplaces. Amen.

Conclusion

Mary's life was not easy. She experienced uncertainty, sacrifice, and sorrow. Yet through every season, she remained faithful to God. She shows us that holiness is not reserved for the powerful, but for those who trust God with their whole hearts.

For each of us, Mary is a guide of humility and perseverance. She teaches us that true fulfillment is found in belonging completely to God. When we go to Mary, she always leads us back to Jesus. May her words become the prayer of our own hearts: "Let it be with me according to your word."

Final Prayer Mary, Mother of Jesus, walk with us through the joys and struggles of life. Help us grow closer to Your Son each day. Teach us humility when we succeed, trust when we are afraid, and patience when we suffer. May our lives reflect the love of Christ, and may we become people of peace. Lead us always to Jesus, who lives and reigns forever and ever. Amen.

Mary's Life in the Gospels and Acts of the Apostles

- **The Annunciation:** (Openness) Luke 1:26-38

Mary's journey begins with the Annunciation, as described in the Gospel of Luke (Luke 1:26-38). Her openness to God's will is evident in her response to the angel Gabriel: "Behold, I am the handmaid of the Lord; let it be to me according to your word." Despite her initial fear and uncertainty, Mary embraced God's plan with an open heart.

Let us pray for the grace to be open to God's will in our own lives, trusting in His plans for us. Lord, help us to be open to Your will, even when it challenges us or leads us into the unknown. May we, like Mary, respond with faith and trust.

- **The Visitation:** (Gratitude) Luke 1:39-45

Mary's visit to Elizabeth is marked by joy and gratitude. Her Magnificat is a hymn of thanksgiving, reflecting her deep gratitude for God's blessings.

Let us learn from Mary to cultivate a heart of gratitude, recognising God's presence and grace in our lives. Let us pray that like Mary, we may have the empathy and ability to inspire joy and faith in others.

- **The Magnificat:** (Humility) Luke 1:46-55

Mary's humility is beautifully expressed in the Magnificat, where she acknowledges her lowliness and glorifies God for His mighty deeds. Her humility reminds us to recognise our own dependence on God and to give Him glory for all the good in our lives.

Lord, grant us the grace of humility. May we always acknowledge our need for You and give You praise for all Your blessings.

- **The Nativity and Early Life of Jesus**

Mary's role in the nativity of Jesus is central, as depicted in the Gospels of Matthew and Luke. She gives birth to Jesus in humble surroundings, signifying God's presence among the lowly and marginalised (Luke 2:1-7). Her nurturing care for Jesus during his early years, including the flight to Egypt to escape Herod's wrath (Matthew 2:13-15), exemplifies her protective and sacrificial love.

- **The Wedding at Cana**

In the Gospel of John, Mary appears at the wedding in Cana, where Jesus performs his first miracle by turning water into wine (John 2:1-12). Her intercession and trust in Jesus' abilities prompt this miracle, showcasing her role as a mediator and advocate. Her words to the servants, "Do whatever he tells you," reflect her deep understanding of Jesus' mission and her faith in his divine power.

- **The Crucifixion and Resurrection:** (Fidelity) John 19:25-27

Mary's fidelity to Jesus is unwavering, even as she stands by the cross. Her steadfastness in the face of suffering and sorrow teaches us the importance of

remaining faithful to God, especially during difficult times. Lord, strengthen our faith and fidelity. May we remain close to You, trusting in Your love and mercy, no matter the trials we face. Following the resurrection, Mary is present with the disciples, praying and awaiting the Holy Spirit (Acts 1:14). Her enduring faith and support for the early Christian community underscore her pivotal role in the Church's foundation.

The Church's View of Mary

The Church's teachings on Mary emphasise her unique role in salvation history. The dogmas of the Immaculate Conception and the Assumption highlight her sinlessness and her exalted place in heaven. The title of Theotokos (Mother of God), affirmed at the Council of Ephesus in 431 AD, underscores her integral role in the mystery of the Incarnation. These doctrines reflect the Church's deep reverence for Mary and her exceptional holiness.

Marian Devotion

Throughout history, Marian devotion has been a significant aspect of Christian spirituality. Practices such as the Rosary, Marian feasts, and pilgrimages to Marian shrines express the faithful's love and veneration for Mary. These devotions inspire believers to seek her intercession and emulate her virtues of humility, obedience, and compassion.

Mary's Enduring Inspiration

- **Model of Faith and Obedience**

Mary's steadfast faith and obedience to God's will provide a timeless example for believers. Her "fiat" (yes) to God's plan encourages us to trust in God's providence, even in uncertain and challenging circumstances. Her life exemplifies the transformative power of faith and the importance of aligning our will with God's.

- **Example of Compassion and Service**

Mary's empathy and care for others, as seen in her visit to Elizabeth and her intercession at Cana, inspire us to act with compassion and service. Her willingness to support and nurture those around her reflects the Christian call to love and serve our neighbours selflessly.

- **Source of Hope and Consolation**

Mary's presence at the crucifixion and her participation in the early Christian community offer hope and consolation to those facing suffering and trials. Her example of steadfast faith in the face of sorrow reminds us that God is present in our struggles and that redemption is always possible.

The Catholic Church Drawing Inspiration from Mary

The Catholic Church looks to Mary as a source of inspiration for believers at all stages of life. Her example is a beacon of hope and guidance in good times, difficult moments, and moments of joy and challenge. By imitating Mary's virtues, we can find strength and direction in our spiritual journey.

• In Good Times

During times of prosperity and happiness, Mary teaches us gratitude and humility. Her Magnificat, a hymn of praise to God, reflects her deep sense of thankfulness and recognition of God's greatness. Even in her moments of joy, Mary remains humble, attributing all glory to God. This serves as a reminder for us to remain humble and grateful, acknowledging that all blessings come from God and should be used for His glory and the service of others.

• In Difficult and Trying Times

Mary's life was not without its hardships. From the prophecy of Simeon that a sword would pierce her soul (Luke 2:34-35) to the flight into Egypt and witnessing Jesus' crucifixion, Mary faced numerous trials with steadfast faith. During these moments, Mary teaches us the value of patience, perseverance, and trust in God's plan. Her example encourages us to remain steadfast in our faith, even when facing seemingly insurmountable challenges. By turning to Mary, we can find solace and strength, knowing that she understands our struggles and intercedes for us.

• In Moments of Joy

Mary's life also includes moments of deep joy, such as the birth of Jesus and the Resurrection. These moments are celebrated with great reverence in the Church, reminding us to cherish and celebrate the blessings in our lives. Mary teaches us to recognize and rejoice in God's goodness, fostering a spirit of joy and gratitude. Her example encourages us to share our joy with others, spreading the light of Christ through our actions and words.

• In Challenging Times

In challenging times, Mary exemplifies the importance of hope and resilience. Her presence with the disciples after Jesus' ascension, as they awaited the coming of the Holy Spirit, shows her role as a source of comfort and encouragement. Mary reminds us that even in the face of uncertainty, we are never alone. Her intercession and maternal care offer us hope and reassurance, helping us to persevere and remain hopeful for the future.

Mary's life and virtues offer a timeless source of inspiration for believers at every stage of life. Her example teaches us to remain humble and grateful in good times, to trust and persevere in difficult moments, to rejoice and share our joy, and to hold on to hope and resilience in challenging times. By drawing inspiration from Mary and striving to imitate her virtues, we can deepen our faith, strengthen our relationship with God, and live out our Christian calling more fully. As we go through the various

stages of life, let us look to Mary as a guiding light, a source of comfort, and an example of deep faith and love

Major Feast Days of Our Lady

Solemnity of Mary, Mother of God - Jan 1

The Annunciation – Mar 25

The Assumption – Aug 15

The Immaculate Assumption – Dec 8

The Visitation – May 31

The Nativity – Sep 8

Our Lady of the Rosary – Oct 7

Titles Attributed to Mary

Mary, the mother of Jesus, is honoured with numerous titles that reflect her unique role in salvation history and her exemplary virtues. The titles attributed to Mary reflect her unique role in salvation history and the many facets of her exemplary life. Each title provides a different perspective on her virtues and the lessons we can learn from her. By understanding and reflecting on these titles, we can deepen our devotion to Mary, draw inspiration from her example, and strive to emulate her faith, humility, compassion, and dedication to God's will. Mary, through her various titles, continues to be a guiding light and a source of strength for all believers, encouraging us to live lives of holiness and service to others.

• Mother of God (Theotokos) -Jan 1

Context: The title "Mother of God" was affirmed at the Council of Ephesus in 431 AD. It underscores Mary's role as the mother of Jesus Christ, who is both fully God and fully human. This title emphasizes the mystery of the Incarnation and Mary's pivotal role in God's plan of salvation. From this title, we learn the importance of faith and obedience. Mary accepted God's will without fully understanding it, showing us the value of trusting in God's plan even when it transcends human comprehension. Her willingness to be the vessel for the Incarnation teaches us humility and openness to God's will.

- **Immaculate Conception -Dec 8**

Context: The dogma of the Immaculate Conception, proclaimed by Pope Pius IX in 1854, teaches that Mary was conceived without original sin. This special grace prepared her to be the mother of Jesus and highlights her purity and holiness. The Immaculate Conception teaches us about the transformative power of God's grace. Mary's sinlessness is a reminder of the call to holiness and the importance of striving to live a life free from sin. It also emphasises God's providence and the meticulous care with which He prepares those called to special missions.

- **Our Lady of Sorrows – Sep 15**

Context: This title reflects Mary's profound suffering and compassion, particularly as she witnessed the passion and crucifixion of Jesus. The Seven Sorrows of Mary, which include events like the prophecy of Simeon and the crucifixion, illustrate the depth of her grief. Our Lady of Sorrows teaches us about the redemptive nature of suffering. Mary's example encourages us to find meaning in our own suffering and to offer it up in union with Christ's sacrifice. Her compassion and empathy for others in their pain remind us to support and comfort those who are suffering.

- **Queen of Heaven – Aug 22**

Context: The title "Queen of Heaven" reflects Mary's exalted status in the heavenly realm. It is rooted in her assumption into heaven, body and soul, which signifies her close relationship with God and her role as an intercessor for humanity. This title teaches us about the hope of eternal life and the glory that awaits those who are faithful to God. Mary's queenship reminds us of her powerful intercession and encourages us to seek her prayers and guidance. It also inspires us to strive for holiness, knowing that Mary, our Queen, intercedes for us.

- **Star of the Sea (Stella Maris)- Sep 27**

Context: "Star of the Sea" is an ancient title that portrays Mary as a guiding star for sailors navigating the turbulent seas. It symbolises her role as a guide and protector for Christians on their journey through life. From this title, we learn the importance of seeking Mary's guidance and protection. Just as sailors rely on the stars to navigate, we can rely on Mary to lead us to Christ. Her example encourages us to stay steadfast in our faith and to trust in her intercession, especially in times of uncertainty and danger.

- **Mother of the Church – Monday after Pentecost**

Context: Pope Paul VI proclaimed Mary as the "Mother of the Church" during the Second Vatican Council. This title acknowledges her maternal care for all believers and her role in the life of the Church. As the Mother of the Church, Mary teaches us about the importance of community and the nurturing aspect of faith. Her maternal care inspires us to support one another, to foster unity within the Church, and to care for the spiritual and physical needs of our brothers and sisters in Christ.

- **Our Lady of Perpetual Help – Jun 27**

Context: This title is associated with a famous Byzantine icon depicting Mary holding the Child Jesus while the archangels Michael and Gabriel present the instruments of the Passion. It symbolises Mary's role as a constant source of help and intercession. Our Lady of Perpetual Help reminds us of the power of persistent prayer and the comfort of knowing we have a compassionate intercessor in Mary. Her readiness to help encourages us to turn to her in times of need and to trust in her unfailing support.

- **Mediatrice of All Graces- May 31**

Context: This title highlights Mary's role in the distribution of graces due to her cooperation in the redemption brought by Christ. While not a dogma, it reflects the belief that all graces bestowed upon humanity pass through Mary's hands. The title "Mediatrice of All Graces" teaches us about the interconnectedness of the saints and the Church. It emphasises the importance of Mary's intercession and encourages us to seek her aid in receiving God's graces. It also inspires us to be channels of God's grace to others, following Mary's example.

Our Lady of Lourdes – Feb 11

Our Lady of Fatima – May 13

Our Lady of Mt Carmel – Jul 16

Our Lady of Guadalupe – Dec 12

Our Lady of Loreto – Dec 10

The most holy name of Mary – Sep 12

The Presentation of Our Lady – Nov 21

Immaculate Heart of Mary – day after Solemnity of the Sacred Heart

Litany of the Blessed Virgin Mary - The Litany of Loreto

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 Ghost, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Holy Mary, *pray for us.*

Holy Mother of God, *pray for us.*

Holy Virgin of virgins, *pray for us.*

Mother of Christ, *pray for us.*

Mother of divine grace, *pray for us.*

Mother most pure, *pray for us.*

Mother most chaste, *pray for us.*

Mother inviolate, *pray for us.*

Mother undefiled, *pray for us.*

Mother most amiable, *pray for us.*

Mother most admirable, *pray for us.*

Mother of good counsel, *pray for us.*

Mother of our Creator, *pray for us.*

Mother of our Savior, *pray for us.*

Virgin most prudent, *pray for us.*

Virgin most venerable, *pray for us.*

Virgin most renowned, *pray for us.*

Virgin most powerful, *pray for us.*

Virgin most merciful, *pray for us.*

Virgin most faithful, *pray for us.*

Mirror of justice, *pray for us.*

Seat of wisdom, *pray for us.*

Cause of our joy, *pray for us.*

Spiritual vessel, *pray for us.*

Vessel of honor, *pray for us.*

Singular vessel of devotion, *pray for us.*

Mystical rose, *pray for us.*

Tower of David, *pray for us.*

Tower of ivory, *pray for us.*

House of gold, *pray for us.*

Ark of the covenant, *pray for us.*

Gate of heaven, *pray for us.*

Morning star, *pray for us.*

Health of the sick, *pray for us.*

Refuge of sinners, *pray for us.*

Comforter of the afflicted, *pray for us.*

Help of Christians, *pray for us.*

Queen of Angels, *pray for us.*

Queen of Patriarchs, *pray for us.*

Queen of Prophets, *pray for us.*

Queen of Apostles, *pray for us.*

Queen of Martyrs, *pray for us.*

Queen of Confessors, *pray for us.*

Queen of Virgins, *pray for us.*

Queen of all Saints, *pray for us.*

Queen conceived without original sin, *pray for us.*

Queen assumed into heaven, *pray for us.*

Queen of the most holy Rosary, *pray for us.*

Queen of Peace, *pray for us.*

**Lamb of God, who takest away the sins of the world,
*spare us, O Lord.***

**Lamb of God, who takest away the sins of the world,
*graciously hear us O Lord***

**Lamb of God, who takest away the sins of the world,
*have mercy on us.***

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us pray:

Grant, we beseech Thee, O Lord God, unto us Thy servants, that we may rejoice in continual health of mind and body; and, by the glorious intercession of Blessed Mary ever Virgin, may be delivered from present sadness, and enter into the joy of Thine eternal gladness. Through Christ our Lord. Amen.

Our prayer

Loving Father, we thank You for the example of Mary, who teaches us the virtues of openness, humility, fidelity, and gratitude. As we go forth from this gathering, may we carry these virtues in our hearts and live them out in our daily lives.

Heavenly Father, we ask for Your blessing upon our journey. May we walk in the footsteps of Mary, embracing openness to Your will, humility in our actions, fidelity in our faith, and gratitude in our hearts. Guide us with Your wisdom, protect us with Your love, and strengthen us with Your grace. May we be inspired by Mary's example to live lives that glorify You and serve others. May we seek Mary's intercession for us as we journey through life..

O Blessed Virgin Mary, Mother of our Lord Jesus Christ, we turn to you with confidence and love, knowing that you are ever close to your Son and ever willing to intercede for us. You who said "yes" to God's will with openness and humility, be our guide as we strive to follow God's plan for our lives.

O Mary, who endured the prophecy of Simeon that a sword would pierce your heart, you know the depths of suffering and sorrow. We ask for your comfort and strength as we face our own trials and tribulations. Help us to embrace our crosses with faith, just as you stood by the cross of your Son, offering your silent and profound support.

You pondered in your heart all that you could not understand, trusting in God's greater plan. Teach us to cultivate a heart of patience and trust, especially when we face uncertainty and confusion. May we, like you, treasure the moments of grace and seek God's wisdom in our lives.

O Mary, Mother of Perpetual Help, we ask for your intercession in all our needs. Pray for us to remain close to your Son, Jesus, in all that we do. Help us to keep our eyes fixed on Him, drawing strength and guidance from His example and teachings. May your motherly love and care surround us, leading us ever closer to the heart of Jesus.

We entrust our journey to your loving hands, O Mother. Protect us, guide us, and intercede for us always. Through your powerful intercession, may we grow in faith, hope, and love, and may our lives be a testament to God's glory.

We ask this through Jesus Christ, our Lord, who lives and reigns with the Father and the Holy Spirit, God, forever and ever. Amen.

Lord, fill our hearts with gratitude. Help us to recognise and celebrate Your goodness in our lives and to share our joy with others.