

My Daily Prayer Time

When you pray the Memorare each day, you will call to mind the person of Mary. You will deepen your relationship with Mary as the Mother of Jesus and your Spiritual Mother. And you will understand that you can go to Mary with your desires, problems, and intentions. You will want to allow Mary to lead you closer to Jesus.

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen
The Father, Son and Holy Spirit live in us through Baptism. Close your eyes and take some time in silence to be aware of Jesus within your heart and to greet Him.
Then greet Mary.



The image of Our Lady of Guadalupe. She appeared to Juan Diego in 1531 in Mexico City.

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 unto you, O Virgin of virgins, our Mother. To you do 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.

Close your time of prayer with the Sign of the Cross.

Dear Young Person,**Why pray...**

The following words that Mary spoke to St. Juan Diego are also meant for you: "Listen and let it penetrate your heart, do not be troubled or weighed down with grief. **Am I not here who am your Mother?** Are you not under my shadow and protection? Are you not in the folds of my mantle? Is there anything else you need?" Speak to Mary, as your Spiritual Mother, about any problems, desires and intentions. She loves you.

When to pray...

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Jesus wants you to spend time with Him so that you can come to know His love. Choose a specific time:

- In the morning
- After dinner
- In the evening

Where to pray...

Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Jesus to help stay focused on Him during prayer time. The following may be included in the sacred space:

- A Bible
- A Crucifix
- A statue of Mary

Who is Mary?

As your Spiritual Mother, you can turn to Mary and tell her about any difficulty. She will understand and pray with you. You can learn from Mary how to be a committed follower of Jesus, which will bring you peace and joy.

Dear Parents,

In order to help your 6th Grade son or daughter to go deeper in their friendship with Mary, who leads us to her Son Jesus, one specific prayer has been given to them.

Young people are encouraged to develop a personal prayer time in addition to family prayer time. A wonderful way to support your son or daughter in personal prayer is to let them know that you will include the *Memorare* as part of your quiet time with the Lord each day.

You can further support your 6th Grader in personal prayer by initiating discussions during the year. Here are several "conversation starters."

- I understand that you are praying the *Memorare* on a daily basis. I am also committed to praying this prayer each day. What stands out for you in this prayer? (Then offer what stands out for you.)
- Have you experienced something as a result of this prayer? Do you feel comfortable sharing that with me? Would you like to hear the effect that it is having on me?
- Do you understand all of the words of the prayer? If not, I was given a link that we could look into the meaning of those words together.
- Are you finding more peace and joy in your life as a result of praying the *Memorare*?

For further info on the *Memorare*, go here: <http://diolc.org/catechesis/prayer/>