

## My Prayer Time

Praying the *Hail Mary* each day will help you to realize that Mary is the Mother of Jesus and your Spiritual Mother. Jesus gave us His Mother to be our own Spiritual Mother as He was dying on the Cross for us. You will grow in your understanding that Mary loves you and wants to lead you closer to Jesus. You can pray with and to Mary for all of your intentions. Some people, with great respect, call her “Mama” or “Mommy.”

Begin your prayer time with the Sign of the Cross.

### *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**

**Thank Jesus for two blessings:**

such as: being loved by God as His child, being with family; food and water; a good friend; learning something new; God’s creation; a task that you accomplished well; an answer to prayer.



### *Hail Mary*

**Hail Mary, full of grace, the Lord is with thee.  
Blessed art 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 death. Amen.**

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



## Hail Mary Prayer Card

Dear Friend in Christ,

Learning about God needs to be accompanied by daily prayer in order for you to develop and grow in a personal friendship with Him. This relationship with the Son of God in turn strengthens you on the true path to happiness. Praying and focusing on the *Hail Mary* throughout the entire year will allow you to come to know Mary and her special role in God's plan as the Mother of Jesus and our Spiritual Mother.

### **Why pray the *Hail Mary* daily?**

As our Spiritual Mother, we can turn to Mary and talk with her about anything. She will listen and pray with us. Mary leads us to Jesus and we can learn from her how to be a committed follower of Our Lord, which will bring peace and joy. As recorded in the Bible, Mary said, "Do whatever He tells you." (John 2:5)

### **When to pray...**

With most things in life, when we schedule something, it takes place. When we don't, it usually does not happen. Choose a specific time to pray and ask the Holy Spirit to strengthen your desire to pray, leading to a stronger commitment:

- 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 Mary and/or Jesus to help stay focused during prayer time. The following may be included in the Sacred Space:

- A Bible
- A Crucifix
- A statue of Mary

Note: The standard version of the Hail Mary includes the words thee, thou and thy. You may replace these words with "you," which refers to Mary.

To learn more about the *Hail Mary*,  
go to <http://diolc.org/deeper>

