

My Prayer Time

This time of prayer focuses on the *Hail Mary*. Praying the *Hail Mary* each day will help you understand that Mary loves you and wants to lead you closer to Jesus. Pray the *Hail Mary* two times: the first time for understanding, the second time from the heart.

Follow the steps that are listed below.



Begin your prayer with the Sign of the Cross.

The *Sign of the Cross* affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen
Mary, please intercede with God that I may receive the grace to quiet down inside and become aware of your love for me as my Spiritual Mother. I want to spend this time with You. Please help me to give you my full attention and pray from my heart.

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 our death. Amen.**

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Hail Mary* a second time from the heart, more slowly than the first time.
- **CHOOSE a word** or phrase from the Prayer that you like. Share why you liked this word, if you can, with those with whom you are praying.
- **THANK** Mary, and her Son Jesus, for something good you received. Share this aloud.
- **ASK** the Lord for something that you need. Share this aloud if you can.

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 your Spiritual Mother. You will grow in your understanding that Mary loves you and wants to lead you closer to Jesus. Jesus gave you His Mother to be your own Spiritual Mother as He was dying on the Cross.

Why pray the *Hail Mary* daily?

As your Spiritual Mother, you can turn to Mary and talk with her about anything. She will listen and pray with you. Mary leads you to Jesus and you 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) As you speak with Mary each day in prayer, you will come to recognize more and more how much He loves you and find **peace** and **calm** in the midst of life's difficulties.

When to pray...

With most things in life, when you schedule something, it takes place. When you 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.

It is not uncommon to experience **distractions** during prayer. It is important not to follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, it could be something you will want to talk about with Jesus.

When you pray for something, you can trust that God will answer every prayer in a way that is best for you. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect.

The first letter of the five bulleted, bolded words on page 1 under the words of the *Hail Mary* are EPCTA, which stands for "Every Prayer Counts To Almighty God." This helps for remembering the steps.



For further resources to "Go Deeper in Prayer" with the *Hail Mary*, go to <https://diolc.org/deeper>

