

Our Daily Prayer Time

This time of prayer focuses on the *Memorare*. Praying the Memorare each day will help you understand that Mary is your Spiritual Mother and wants to lead you closer to Jesus. Pray the *Memorare* two times: the first time for understanding, the second time from the heart. Follow the steps that are listed below.



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

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

(Pray together aloud when praying with others)

Mary, please intercede with God that I may receive the grace to quiet down 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.

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.

- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Memorare* a second time, silently from the heart, more slowly than the first time.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with Mary about it, (and share this aloud if you are praying with others).
- **THANK** Mary and her Son, Jesus, in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

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



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 Memorare 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.

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.

Why pray the Memorare daily?

When you pray the *Memorare* each day, you will call to mind the person of Mary. 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?" You will deepen your relationship with Mary as the Mother of Jesus and your Spiritual Mother. Speak to Mary, as your Spiritual Mother, about any problems, desires and intentions. She loves you. You will want to allow Mary to lead you closer to Jesus.

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 Mary or Jesus.

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

When you pray for something you can trust that God will answer every prayer through Mary's intercession, 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.

As you speak with the Blessed Virgin Mary each day in prayer, you will come to recognize more and more how much she loves you, and find **peace** and **calm** in the midst of life's difficulties.

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

The first letter of the five bulleted, bolded words on page 1 under the words of the *Memorare* (**E**xpress, **P**ray, **C**hoose, **T**hank, **A**sk) are EPCTA, which stands for "Every Prayer Counts To Almighty God." This mnemonic device (EPCTA) helps for remembering the steps.

To download further Resources to better understand the *Memorare*,
please visit: diolc.org/deeper