

## Faith in 5 – Adults Our Mother, Mary



- 1. What makes Mary so incredibly special?** Mary is truly the first disciple of Christ. Mary's fiat involved no hesitation in accepting God's will for her life: "May it be done to me." In Latin, the word fiat means "let it be done." Her "yes" was humble, total, and complete; she held nothing back of herself from God. Mary was present when Christ Jesus came into the world, when he suffered and when He died. God has a special place for Mary in salvation history!
- 2. Why does Mary have so many titles?** We are identified by our name, our relation to others, our vocation, our innate qualities, circumstances, or actions. For example, a woman can be a wife, mother, daughter, mother-in-law, sister, a social worker, a student attending a conference, a member of a club, a parishioner of a particular church, a citizen of a certain country. All of these can describe one person. The same is true with our Mother Mary: people have given her titles based on their relationship to her, a location where she visited, or by an action that she aided with. She can also be given a special name by the Church or specially invoked in a prayer. It is the same Mary who is the holy Mother of God!
- 3. Here are some of Mary's titles** - (of course there are many more to describe our Mother!) Mother of God, Blessed Virgin Mary, Queen of Heaven, and Earth; Mother of the Church, Ark of the Covenant, Mystical Rose; Our Lady of Sorrows, Mother of Perpetual Help, Our Lady Undoer of Knots, Our Lady of Good Counsel; Our Lady of Fatima, Our Lady of Guadalupe, Our Lady of Lourdes, Our Lady of the Miraculous Medal
- 4. How can we honor Mary?** According to early church origins, the month of May is dedicated to Mary. In the present day, you may see a [May crowning](#), where flowers, wreaths, and celebrations are dedicated to Mary.  
Catholics do not worship Mary. Only God is worthy of worship, adoration, and praise (Nehemiah 9:6; Revelation 4:11; 15:4). We honor Mary because God loved her and brought our Lord into the world through her. We honor her because she is the mother of Jesus and on the cross, Jesus gave her to us. We can honor Mary by obeying God's will and following Jesus. We can role model her behaviors, being obedient and humble in our relationship with God. We can ask for her help and bring her our prayers. We can recite a daily rosary or a Marian prayer, asking Mary to pray with us and for us.
- 5. Common Marian Prayers:**  
**Hail Mary** *This prayer is based on two biblical episodes featured in the Gospel of Luke: the angel Gabriel's visit to Mary (the Annunciation), and Mary's subsequent visit to Elizabeth, the mother of John the Baptist (the Visitation).*  
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.

6. **Hail Holy Queen** *most likely came from a monastic religious order. Its current form comes from a Marian hymn from the 12th century Abbey of Cluny. Mary, the Mother of Jesus, is the Queen of Heaven. In ancient Jewish practice, the mother of the King of Israel is acknowledged as the queen of Israel (hence, queen-mother), not the wife of the King, as he had many wives.*

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy towards us. And after this our exile, show unto us the blessed Fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God that we may be made worthy of the promises of Christ.

7. **Memorare** *The word memorare means "to remember". This intercessory prayer has its origins in the 15<sup>th</sup> century. It is often recited during moments of desperation. We turn to Mother Mary because she will hear us, remember our needs, and pray to her Son for us.*

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 by this confidence, I fly unto you, O Virgin of virgins, my 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.

8. **The Angelus** *Published in the 1500's, this prayer is generally recited three times a day: at 0900, noon and at 6 pm. This prayer helps us remember Mary's fiat; the Incarnation, the Nativity, and the Passion and the Resurrection of our Lord. It is an invitation calling us to prayer three times a day!*

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.

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

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

9. **The Magnificat (Also known as the Canticle of the Virgin Mary)** *This prayer is Mary's joyous response to God's fulfillment of His will in her as she visited her cousin Elizabeth. Mary praises the Lord for all the wonderful things He has done! (Luke 1:46-55)*

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior, for he has looked with favor on his humble servant. From this day all generations will call me

blessed, the Almighty has done great things for me, and holy is his Name. He has mercy on those who fear Him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit. He has cast down the mighty from their thrones and has lifted up the humble. He has filled the hungry with good things, and the rich he has sent away empty. He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children forever. Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be forever. Amen, Alleluia.

**10. The Rosary** *According to Catholic tradition, the Blessed Virgin Mary instituted the rosary herself. In the 13th century, she is said to have appeared to St. Dominic (founder of the Dominicans), given him a rosary, and asked that Christians pray the Our Father, Hail Mary and Glory Be prayers instead of the 150 Psalms that were being recited daily at the time. The rosary may be considered a Marian prayer, but it is centered on Jesus. Here again, our Mother is pointing the way to Jesus as we recall events or mysteries in His life. The beads aid in our counting of prayers recited. The rosary has evolved over centuries from the 150 prayers to the formation of the mysteries and into the 5-decade rosary we know today. From the 16th century until the 21st century there were three sets of mysteries: the Joyful, the Glorious and the Sorrowful. Pope St. John Paul II added the Mysteries of Light (Luminous Mysteries) in 2001. They include meditations on the time in Jesus' life between His incarnation (a Joyful Mystery) and His passion (a Sorrowful Mystery). The Fátima prayer, given to the Portuguese children during the Fátima apparition in 1908, was added to the rosary and is widely used, but it is not universal.*

Please use these links to learn more about reciting the Rosary from A Catholic Mom's Life:

YouTube Channel: <https://www.youtube.com/watch?v=jhL2i31EF90&t=53s>

Blog: <https://acatholicmomslife.com/catholicism/>  
<https://acatholicmomslife.com/prayer-community/>

This is a free resource! For more information, visit [www.acatholicmomslife.com](http://www.acatholicmomslife.com)