

FIVE WAYS TO PRAY WITH MARY

SHREWSBURY YOUTH MISSION TEAM



ONE

IN THE MORNING ASK MARY TO BE WITH YOU

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings, all that this day may bring, be they good or bad: for the love of God, for the conversion of sinners, and in reparation for all the sins committed against the Sacred Heart of Jesus and the Immaculate Heart of Mary.

TWO

SAY 'YES' MORE OFTEN

We know that Mary's 'Yes', her 'fiat' changed the world. Saying yes can be a great way of opening yourself to new experiences. Importantly, say yes to God today. Let Him into your every day actions, thoughts and words. Just see what a difference it can make!

THREE

PRAISE THE LORD LIKE MARY

In Luke's Gospel we hear of Mary's 'Magnificat' - her praise prayer...my soul glorifies the Lord. Learn from Mary's example and praise the Lord with everything you've got. We like to use Spotify to find new Christian Music. We love I AM THEY at the moment... their song Feet Upon the Rock is our favourite!

FOUR

IMITATE MARY

Mary is known for ten beautiful qualities. Pick one each day to focus on:

her deep humility, lively faith, blind obedience, unceasing prayer, constant self-denial, surpassing purity, ardent love, heroic patience, angelic kindness, and heavenly wisdom.

FIVE

SAY A DECADE OF THE ROSARY

A decade of the Rosary is simply
ONE OUR FATHER - TEN HAIL MARY'S - ONE GLORY BE

Let the simplicity of the Rosary bring you a sense of peace.

