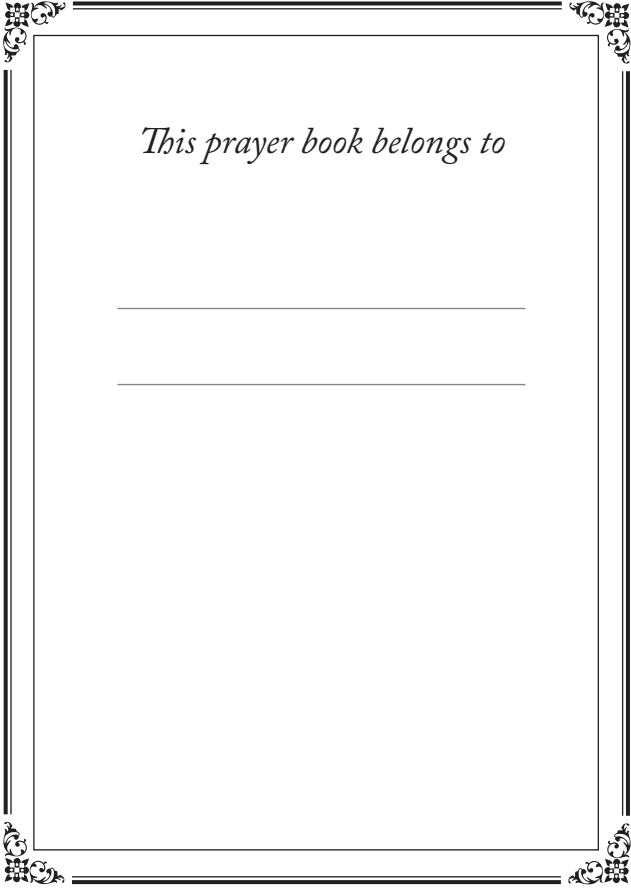


MARY  
MOTHER OF GOD



PRAYER BOOK



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# Mary, Mother of God Prayer Book





# Mary, Mother of God Prayer Book

Written and compiled by  
Marianne Lorraine Trouvé, FSP



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## *Invitation*

When my brother Paul was very ill for several years, I kept praying for his recovery, but he didn't get better. Sensing that his time was near, I began a novena to Mary under the title Undoer of Knots. I simply asked Mary to take care of him according to God's will. The day after I started the novena, I was surprised to receive a package from a friend, which contained a beautiful rosary she had made herself. The centerpiece of the rosary was an image of Our Lady Undoer of Knots. This woman had no idea I was praying the novena, and so I took it as a confirmation that Mary would indeed take care of everything. A few days after I finished the novena, Paul died very peacefully, secure in God's love.

Our loving mother Mary does things like that. She takes to heart whatever needs we confide to her, be they big or little. She doesn't want us to be worried, anxiously trying to control things. She wants us to entrust our cares to her, to do what we can, of course, but then to have a childlike trust that she will help us. I once heard a homily in which the priest talked about a difficult situation he had faced. Things were so complicated he didn't know what to do. On September 8, the feast of Mary's birthday, he went to her and said, "Here, I'm giving you this problem! Take care of it for me, since it is all beyond my control. It's my birthday gift to you." A few months later, on his own birthday, he received an answer to his dilemma. It was as if Mary was saying, "And here is my birthday gift to you!" Don't hesitate to give Mary any problem at all. She receives it like a gift and will give us a gift in return.

From the earliest days of the Church, Christians have turned to Mary in prayer. The Acts of the Apostles tells us that after Jesus ascended into heaven, the disciples "were constantly devoting themselves to prayer, together with certain women,

including Mary the mother of Jesus” (1:14). We can imagine her maternal presence among them, how they must have asked her to tell them stories about Jesus and asked her for advice and help. We can do the same. Yes, it’s different now because we can’t physically see Mary and talk to her. But in the Church, all the members are united, both those on earth and in heaven. We have a spiritual bond so that we are united to Mary and the saints in an amazing way. We can pray and converse with her, and in some way she will respond. This is known as the “communion of saints,” which we profess in the Creed.

In this prayer book you will find a beautiful selection of Marian prayers, from favorite prayers like the Rosary to prayers from the saints. You will also find explanations of various devotions to Mary, such as the scapular and Our Lady Undoer of Knots. My prayer for you is that in using this book you will experience the closeness and warmth of Mary, the mother of Jesus and our mother too.







*Basic Marian Prayers*





## Hail Mary

Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## Memorare

(Saint Bernard's Prayer)

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 to you, O Virgin of virgins, my Mother. To you 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.

## Hail, Holy Queen

Hail, holy Queen, Mother of mercy, our life, our sweetness, and our hope! To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.

## The Angelus

℣. The angel spoke God's message to Mary,  
℟. and she conceived of the Holy Spirit.

*Hail Mary . . .*

℣. "I am the lowly servant of the Lord:  
℟. "Let it be done to me according to your  
word."

*Hail Mary . . .*

℣. And the Word became flesh  
℟. and lived among us.

*Hail Mary . . .*

℣. Pray for us, holy Mother of God,  
℞. that we may become worthy of the promises  
of Christ.

*Let us pray.*

Lord,  
fill our hearts with your grace;  
once, through the message of an angel  
you revealed to us the incarnation of your Son;  
now through his suffering and death  
lead us to the glory of his resurrection.  
We ask this through Christ our Lord. Amen.

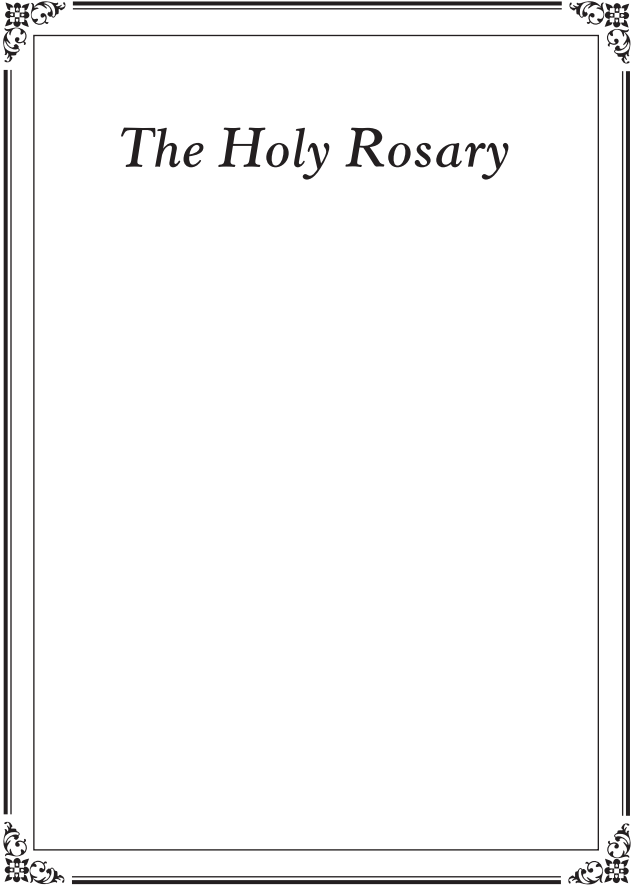
## The Regina Caeli

*(Prayed during the Easter Season instead of the Angelus.)*

Queen of heaven, rejoice, alleluia:  
For he whom you merited to bear, alleluia,  
Has risen, as he said, alleluia.  
Pray for us to God, alleluia.  
℣. Rejoice and be glad, O Virgin Mary, alleluia.  
℞. For the Lord has truly risen, alleluia.

*Let us pray.*

O God,  
who by the resurrection of your Son, our Lord  
    Jesus Christ,  
has been pleased to fill the world with joy,  
grant, we beseech you, that through the  
    intercession  
of the Virgin Mary, his Mother,  
we may receive the joys of eternal life,  
through the same Christ our Lord.  
R. Amen.



*The Holy Rosary*







The Rosary is a contemplative Gospel prayer. With a calm, rhythmic recitation of vocal prayers, we focus our attention inwardly on the living mysteries of Jesus Christ. As we ponder these mysteries, we are doing what Mary herself did. With Mary, we recall the mysteries of Jesus's life and with her we "learn Christ." We learn to live a life of faith and become a faith-filled disciple of the Lord.

The Rosary, in the prayer-form familiar to us today, developed through the centuries. The term "rosary" derives from the Latin "rosarium," meaning "rose garden," which in earliest tradition was linked to a passage in the Hebrew Scriptures' Song of Songs (2:1). The beautiful woman who dwells in the garden was associated with the Virgin Mary, "rose of Sharon and lily of the valleys." By the fourteenth century, however, the term "rosarium" had come to mean a collection of devotional texts.

During the Middle Ages, when most people were illiterate, various ways were devised for them

to participate in the recitation of the 150 psalms used in the Church's Divine Office. At first, many would recite the Our Father 150 times; later, the first part of the Hail Mary was recited. Thus was born "Our Lady's Psalter." The second part of the Hail Mary (Holy Mary, Mother of God . . .) appeared in the Roman Breviary in 1568. Up until that time various phrases referring to the lives of Jesus and Mary were interposed after the name Jesus. As the centuries passed, these interjections evolved into the "mysteries" of the Rosary.

Like most of the elements of the Rosary, the use of the term "rosary" as a form of prayer as well as the actual physical object took place gradually. The use of beads is not a practice common to Christians only. A string of beads as a tool to count a number of prayers is known in Buddhism, Hinduism, and Islam. The early Desert Fathers and Mothers used ropes with knots or simple pebbles to count the number of prayers or psalms they recited each day. Then as today the knots, pebbles, or beads were tangible symbols of an inner attitude of prayer and meditation.

The practice of praying the Rosary grew among the faithful when the liturgical feast was established in 1573 by Saint Pius V, and as the Dominican Order popularized its recitation, preaching throughout Europe the spiritual benefits gained from praying the Rosary. In subsequent years Rosary Confraternities were formed throughout the world; saints and popes through the centuries have promoted and practiced this devotion. The Rosary is a prayer easily adapted to diverse circumstances, needs, and groups: families, prayer groups, Holy Hours, wakes, parish gatherings. The Rosary is an invitation, a path and help to deepen one's prayer life in the company of Mary.



## How to Pray the Rosary

Begin the Rosary by making the Sign of the Cross (p. 16); then, while holding the crucifix, pray the Apostles' Creed (p. 16). On the beads of the

small chain pray one Our Father (p. 17), three Hail Marys (p. 7), and one Glory to the Father (p. 17). Next, announce the mystery and pray one Our Father, ten Hail Marys, and a Glory to the Father. This completes one decade. All the other decades are prayed in the same manner, while pondering the mystery for each decade. Pray the Hail, Holy Queen (p. 8) at the end and, if you wish, the Litany of Loreto (p. 30).

## Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

## Apostles' Creed

I believe in God, the Father Almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. On the third day he rose

again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

## Our Father

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

## Glory to the Father

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.

## JOYFUL MYSTERIES

*Usually prayed on Mondays and Saturdays*

### 1. The Annunciation of the Angel to Mary

The angel Gabriel was sent from God . . . to a virgin who was betrothed to a man . . . named Joseph, and the virgin's name was Mary. And when he came into her presence he said, "Hail, full of grace, the Lord is with you!" She was perplexed by this saying and wondered what sort of greeting this could be.

And Mary said, "Behold the handmaid of the Lord; let it be done to me according to your word" (Lk 1:26–29, 38).

*Grace to ask:* To know and embrace God's will in my life.

*Invocation:* Jesus, meek and humble, live in me.

### 2. Mary Visits Her Cousin Elizabeth

And when she came into the house of Zechariah she greeted Elizabeth. And it happened that when Elizabeth heard Mary's greeting the baby leapt in her womb Elizabeth was filled with the Holy Spirit, and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb!" (Lk 1:40–42).

*Grace to ask:* To be attentive to the needs of those around me.

*Invocation:* Jesus most loving, live in me.

### 3. The Birth of Jesus at Bethlehem

Now it happened that in those days a decree went out from Caesar Augustus that all the world should be registered. . . . Since Joseph was of the house and family of David he went up from Nazareth in Galilee to Bethlehem of Judea, the city of David, to be registered with Mary, who was betrothed to him and who was pregnant. Now it happened that while they were there the days for her to give birth were fulfilled. She gave birth to her firstborn son, wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn (Lk 2:1, 4–7).

*Grace to ask:* To be attentive to the needs of the poor and homeless.

*Invocation:* Jesus, poor and selfless, live in me.

### 4. The Presentation of Jesus in the Temple

They took the child up to Jerusalem to present him to the Lord. . . . And when the parents brought the child Jesus in [to the Temple] to do

for him according to the custom of the Torah, [Simeon] took him in his arms and blessed God, saying, “Now You send Your servant away in peace, O Master, according to Your word, because my eyes have seen Your salvation. . . .” His father and mother were amazed at what was said about Jesus. And Simeon blessed them and said to his mother, Mary, “Behold, he is destined to bring about the fall and rise of many in Israel” (Lk 2:22, 27–30, 33–34).

*Grace to ask:* To open my heart to the wisdom of God.

*Invocation:* Lord, help me to grow in spiritual awareness.

## 5. The Finding of Jesus in the Temple

And when he was about to turn twelve—they had gone up to Jerusalem in accordance with the custom of the feast, and . . . while they were returning—the child Jesus remained in Jerusalem, and his parents did not know. . . . And it happened that after three days they found him in the Temple, seated in the midst of the teachers, both listening to them and asking them questions, and all those listening to him were amazed at his intelligence and his answers (Lk 2:42–43, 46–47).



*Grace to ask:* To carry out difficult tasks with patience.

*Invocation:* Jesus, loving and patient, live in me.

## LUMINOUS MYSTERIES

*Usually prayed on Thursdays*

### 1. John Baptizes Jesus in the Jordan

At that time Jesus came from Galilee to be baptized by John at the Jordan. John tried to prevent him and said, “*I need to be baptized by you, and you come to me?*” But in answer Jesus said to him, “Let it be, for now—it is fitting for us to fulfill all God’s will in this way.” Then he let him. Now after being baptized Jesus at once came up from the water, and, behold, the heavens were opened and he saw the Spirit of God descending upon him like a dove. And, behold, a voice from Heaven said, “This is My Beloved Son in whom I am well pleased!” (Mt 3:13–17).

*Grace to ask:* To live my baptismal promises.

*Invocation:* Holy Spirit, increase my hope.

## 2. Jesus Reveals His Glory at the Wedding at Cana

On the third day there was a wedding in Cana of Galilee, and Jesus's mother was there. Now Jesus was also invited to the wedding as well as his disciples, and when the wine ran out Jesus's mother said to him, "They have no wine." Jesus replied, "What do you want from me, woman? My hour has not come yet." His mother said to the servants, "Do whatever he tells you." . . .

Now when the head steward tasted the water which had become wine . . . [he said] . . . "*you* have kept the good wine till *now*!" Jesus did this, the first of his signs, at Cana in Galilee and revealed his glory, and his disciples believed in him (Jn 2:1-5, 9-12).

*Grace to ask:* To be attentive to the signs of God working in my life.

*Invocation:* Holy Spirit, increase my faith.

## 3. Jesus Proclaims the Kingdom of God and Calls Us to Conversion

Now after John was arrested, Jesus came into Galilee proclaiming the good news of God and

saying, “The proper time has been fulfilled and the Kingdom of God has come; repent and believe in the good news!” (Mk 1:14–15).

*Grace to ask:* For authenticity of life.

*Invocation:* Holy Spirit, grant that I may always be a true disciple of Jesus.

#### 4. The Transfiguration of Jesus

Jesus took Peter and James and John along and led them up a high mountain all alone. He was transformed in front of them and his clothes became an utterly glistening white, so white that no one on earth could bleach them that way.

Then a cloud arose overshadowing them, and a voice from the cloud said, “This is My Beloved Son, hear him!” And suddenly as they looked around they no longer saw anyone but Jesus alone with them (Mk 9:2–3, 7–8).

*Grace to ask:* That my actions will always reflect the light of Christ.

*Invocation:* Holy Spirit, grant that the light of the Gospel may reach the darkest corners of the world.

## 5. Jesus Gives Us the Eucharist

And while they were eating he took bread, blessed it, broke it, gave it to them and said, “Take it; this is my body.” And taking the cup, he blessed it and gave it to them and they all drank from it. Then he said to them, “This is my blood of the covenant, which will be poured out for many. Amen, I say to you, I will not drink again of the fruit of the vine until that day when I drink it new in the Kingdom of God” (Mk 14:22–25).

*Grace to ask:* To be a Christ-bearer for the world.

*Invocation:* Holy Spirit, show me how I can serve others.

## SORROWFUL MYSTERIES

*Usually prayed on Tuesdays and Fridays*

### 1. Jesus Prays in the Garden of Gethsemane

When they came to a place named Gethsemane he said to his disciples, “Sit here while I pray”

Then he went ahead a little, fell on the ground, and prayed that, if it were possible, this moment might pass away from him, and he said, “Abba, Father, all things are possible for you; take this cup

from me, but not what I wish, but what you do”  
(Mk 14:32, 35–36).

*Grace to ask:* For the gift of a prayerful heart.

*Invocation:* Heavenly Father, not my will but  
yours be done.

## 2. Jesus Is Scourged

So Pilate, because he wanted to satisfy the crowd, released Barabbas to them, and after having Jesus scourged he handed him over to be crucified (Mk 15:15).

*Grace to ask:* For the gift of a forgiving heart.

*Invocation:* Heavenly Father, I ask pardon of all  
whom I have injured.

## 3. Jesus Is Crowned with Thorns

They stripped him and put a scarlet robe on him, and after weaving a crown of thorns they put it on his head and placed a reed in his right hand, they knelt before him and mocked him, saying, “Hail, King of the Jews!” and after spitting on him they took the reed and beat him over the head (Mt 27:28–30).

*Grace to ask:* For freedom from self-gratification.

*Invocation:* Heavenly Father, grant me the spirit of self-sacrifice.

#### 4. Jesus Carries the Cross to Calvary

And carrying the cross himself he went out to what was called “the Place of the Skull,” in Hebrew, *Golgotha*, where they crucified him and with him two others, on either side, while Jesus was in the middle (Jn 19:17–18).

*Grace to ask:* To comprehend the value of suffering.

*Invocation:* Heavenly Father, comfort all those who suffer.

#### 5. Jesus Is Crucified

Now standing by Jesus’s cross were his mother and his mother’s sister, Mary the wife of Clopas, and Mary Magdalen. When Jesus saw his mother and the disciple he loved standing by he said to his mother, “Woman, here is your son.” Then he said to the disciple, “Here is your mother.” And from that hour the disciple took her into his home (Jn 19:25–27).