



# 10 WAYS YOU CAN LOVE MOTHER MARY

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## **1. Talk to Her**

Get into the habit of talking to Mary, our dearest Mother, very often. To confide in her, speak to her from our hearts, love her and entrust all of our lives to her is most pleasing to her, as well as to her Son Jesus, the Son of God and the Son of the Blessed Virgin Mary. She loves us so much and desires to have frequent conversations with us.

## **2. Start your Day with Mary**

Upon waking up every morning, our first action should be that of prayer, and what prayer? Why not start your day by giving yourself totally to Jesus, in all you say, do and think, through the Immaculate Heart of Mary? Give to Jesus through Mary your eyes, your ears, your mind, your heart, your body and even your intentions—in a word, give everything to Jesus through Mother Mary. How important it is to start our day well through the Heart of Mary!

## **3. Love Her**

A Mother never gets tired of hearing her child say: “Mom, I really love you.” By saying: “Mom, I really love you”, the heart of the mother will leap with joy. The same must be said about Mary our Mother. In the simplest of words when we say: “Mother Mary, I love you”, then Mary the

Mother of God experiences great joy in her most pure and Immaculate Heart. Therefore, during the course of the day we should simply say: “Mother Mary, I love you!”

#### **4. Walk with Her**

There is a well-known song in both Spanish and Italian dedicated to Mary related to this topic with the title: *Santa Maria del Camino*—meaning, “*Our Lady of the Way*”. Therefore, when we travel to work or to school or anywhere, we should invite Mother Mary to come along with us. She is a good traveling companion and can protect us from many dangers in our travels, perils both physical and moral.

#### **5. Imitate Mary**

If we know somebody in a very deep way, that often leads to imitation, and imitation to following, and following to a deep love for that person. Saint Louis de Montfort highlights the ten principal virtues of Mary that we should strive to imitate: her deep humility, lively faith, blind obedience, unceasing prayer, constant self-denial, surpassing purity, ardent love, heroic patience, angelic kindness, and heavenly wisdom. (*True Devotion to Mary*, St. Louis de Montfort #108)

#### **6. Trust and Entrust to Mary**

If we truly have confidence in a person then we can entrust our cares to that person, knowing that this special person will care for us and protect us. God the Father entrusted His only begotten Son to the care of Mary. Therefore, we can entrust our lives totally to the care of Mary, our dearest and most loving Mother. “*Never was it known that anyone who fled to your protection was left unaided.*” (*The Memorare*, St. Bernard)

#### **7. Tell Mary of your Sorrows and Failures**

We could be tempted by the enemy, the devil, who truly hates Mary, to feel inhibited in telling Mother Mary our sorrows and deep sufferings. The contrary should be the case! The best of mothers, Mary knows very clearly that when a child is most hurt and wounded, that is when the child needs the most tender love and care. So it should be with us! When the days seem to be the cloudiest, bleak, gloomy and downright depressing in the depths of our souls, it is then that we really need to open up and talk to Mary our Mother! Mary is both refuge of sinners and health of the sick—two titles for Mary in her famous Litanies!

### **8. Call upon Mary when Tempted**

Our life is a constant battle; we are soldiers of both Jesus and Mother Mary. That means that we are on a constant battle-ground. Our enemies are three: the devil, the flesh, and the world.

Aware of this intense reality of spiritual combat, we should call upon the Holy Name of Mary in the midst of the battle and the victory will be ours! The famous *Battle of Lepanto* proved a striking victory through invoking Mary and the recitation of the most Holy Rosary, at the insistence of Saint Pope Pius V. May we entrust our battles to Mary, who is more powerful than a whole army in battle array! The mere name of Mary causes terror and fear in all of hell!

### **9. Promote the Love for Mary as Mother**

If indeed we have truly experienced the love, care, and tenderness of Mary in our daily lives, then undoubtedly we will want to make Mother Mary known far and wide. Mary is not loved and honored due to one principal reason: she is not known! How can she be made known? In many ways! Encourage the reading of good books on Mary like *The Glories of Mary* by St. Alphonsus Liguori, *True Devotion to Mary* by St. Louis de Montfort, and *Mater Redemptoris* and *The Blessed Virgin Mary and the Rosary* both by Saint Pope John Paul II.

Encourage recitation of the Holy Rosary and praying it daily, give out Rosaries with pamphlets on how to pray the Rosary, and finally, encourage the wearing of the Brown Scapular of Our Lady of Mount Carmel.

### **10. Die in the Arms of Mary**

The most important moment in our life is the very moment that we die. This moment will determine for all eternity our eternal destiny—either heaven or hell. Why not prepare to die in grace, to die a holy death, at least 50 times a day? How, you might ask? Simply by praying the most Holy Rosary. Every time we pray the Hail Mary, we are preparing ourselves for a holy and happy death with these words: *Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.* Therefore, let us rejoice with the keen awareness that we all have a heavenly Mother, Mary the Mother of God, the Mother of the Church, and our dear Mother. She knows us, cares for us, protects us, but especially, she loves us! Indeed, in the midst of the trials, struggles, intense battles of

life let us find our refuge in the Immaculate Heart of Mary and the Sacred Heart of Jesus!

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