

POCKET PRAYERS FROM

*Living***Faith**

MARY



As mariners are guided into port by the shining of a star, so Christians are guided to heaven by Mary.

St. Thomas Aquinas

INTRODUCTION

The sea is a vast, mysterious and fearsome place. So is our world. Our lives are much the same. We may adjust our sails, bail water and patch holes, but we still get tossed about, take in water and have to fight to keep from going under.

What a comfort that we can turn to Mary! Her life was choppy too. She bore a child whose convictions led him into harm's way. Is there any greater torment? But just as sailors entrust themselves to the untamable sea, Mary gave herself to the turbulence—and crossed to the other side! Now she stands over those churning waters, her arms outstretched to us: our help, our Mother, our example.

Mary, Star of the Sea, pray for us.

—Karla Manternach

MARY, OUR HELP

Before, by yourself, you couldn't. Now, you've turned to our Lady, and with her, how easy!

St. Josemaria Escriva

Mary, our help, you are with us when we are in trouble. You knew pain and sorrow like we do. You watched loved ones suffer. But through it all, you remained faithful to what God asked of you. We turn to you in our need now. Attend us as we traverse rough waters. Pray for us, that we also may be faithful to whatever God intends.

Amen.

Hail Mary

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.

The 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 by this confidence, I fly to 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 petition,
but in your mercy, hear and answer me.

Amen.

Prayer to Our Lady of Perpetual Help

O Mother of Perpetual Help,
grant that I may ever invoke thy most powerful name,
which is the safeguard of the living
and the salvation of the dying.

O Purest Mary, O Sweetest Mary,
let thy name henceforth be ever on my lips.
Delay not, O Blessed Lady,
to help me whenever I call on thee,
for, in all my needs, in all my temptations
I shall never cease to call on thee,
ever repeating thy sacred name,
Mary, Mary.

O what consolation,
what sweetness,
what confidence,
what emotion fill my soul
when I pronounce thy sacred name,
or even only think of thee.
I thank God for having given thee,
for my good,
so sweet, so powerful, so lovely a name.
But I will not be content with merely pro-
nouncing thy name:
let my love for thee prompt me ever to hail thee,
Mother of Perpetual Help.

Amen.

Reaffirming the long Catholic tradition of praying for the intercession of Mary, the Mother of God, these prayers help foster a loving relationship with the Blessed Virgin Mary, growing closer to her son as well. As with all Marian devotion, we are gently and lovingly being guided to Jesus through Mary.



This book, along with many other Creative Communications for the Parish products, is available on **amazon**kindle and **nook**
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