

Mary Day by Day

MARIAN MEDITATIONS FOR EVERY DAY
TAKEN FROM THE HOLY BIBLE AND
THE WRITINGS OF THE SAINTS

Introduction by

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Illustrated



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CONTENTS

Introduction.....	5	July	97
January	7	August.....	113
February.....	22	September	128
March	36	October	143
April	52	November	159
May.....	67	December	174
June	82	Prayer to Mary ...	190

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HAVE taken root in an honored people, in **JAN.**
the portion of the Lord, his heritage.

—Sir 24:12 **21**

REFLECTION. Many will not let devotion to the Blessed Virgin even take root in their hearts. But blessed is the person who accepts this grace and keeps it.

Such a devotion dwells in all who are the Lord's heritage—in all who will praise Him eternally in heaven. —*St. Alphonsus Liguori*

PRAYER. *O Mary, let me foster devotion to you within my heart. May one day not go by without my turning to you in prayer and meditation.*



HAVING therefore these promises, **JAN.**
beloved, let us purify ourselves from
every defilement of flesh and spirit,
perfecting holiness in the fear of God. **22**

—2 Cor 7:1

REFLECTION. Those who have great devotion to Mary not only will be saved but also will, through her intercession, become great Saints.

Furthermore, their holiness will grow from day to day. —*St. Vincent Palotti*

PRAYER. *O Mary, grant me such deep devotion to you that it will lead me to thirst after holiness. Make me realize that my first purpose in life is to be holy with the aid of the grace Jesus won for me.*



LET all who fly to you for refuge rejoice and exult forever. Watch over them, that those who love your name may rejoice in you.

—Ps 5:12

FEB.
14

REFLECTION. Place your trust in Mary and go to her in your sorrows.

She will strengthen your will, heal the wounds of your soul, and give you new courage.

—Venerable Francis Libermann

PRAYER. *O Mary, I place all my trust in you. Stay with me always, despite my weaknesses and all kinds of difficulties. Renew my flagging courage and never forsake me.*



WHEN you pray, go to your room, shut the door, and pray to your Father in secret. Then your Father who sees what is done in secret will repay you.

—Mt 6:6

FEB.
15

REFLECTION. Mary's whole life was one continual colloquy.

It was a colloquy with the heavenly Father and with the Holy Spirit, her Divine Spouse.

—St. Francis de Sales

PRAYER. *O Mary, you are our exemplar of prayer. Teach me the science of praying. Help me to set aside each day time for prayer—with the Father, the Holy Spirit, and your Divine Son Jesus.*



WHEN the Creator of all things gave me his command; he who created me decreed where I should dwell, saying, "Make your dwelling in Jacob, and in Israel receive your inheritance." —Sir 24:8

JULY
26

REFLECTION. Christ remained in Mary's womb for nine months.

He will dwell in the tabernacle of the faith of the Church until the end of the world. And He will remain in the knowledge and love of the faithful for all eternity. —*St. Isaac of Stella*

PRAYER. *O Mary, you were graced with God's presence both physically and spiritually. Obtain for me the grace to have Jesus dwelling in me forever.*



CHRIST loved the Church and delivered himself up for her to sanctify her, cleansing her in the bath of water by means of the word, so that he might present to himself the Church in all her majesty. —Eph 5:25-27

JULY
27

REFLECTION. The Mother of God is a Model of the Church in the matter of faith, charity, and perfect union with God.

Through the gift and role of the Divine Motherhood, Mary is united with her Son and with the Church. —*Vatican II: The Church, 63*

PRAYER. *O Mary, you are the Mother of the Church. Help me to be a loyal child of that Church, sharing in the Redemption of your Divine Son.*



LET the faithful rejoice in glory; let them sing for joy in their beds. Let the praises of God be in their mouths. —Ps 149:5-6

AUG.
13

REFLECTION. O Mary, may all nations glorify your Immaculate Heart!

May the whole earth invoke and bless your Immaculate Heart!
—*St. John Vianney*

PRAYER. O Mary, our human speech is too feeble to honor you as we ought. Grant that I may never cease praising you and invoking your Immaculate Heart.



O the people stood far off and said to Moses, "You speak to us, and we will hear. But do not let God speak to us, or we shall die."
—Ex 20:18-19

AUG.
14

REFLECTION. If you want to grow in perfection, you cannot advance by yourselves—you need a guide.

Hence, when you go to God, go through Mary and with Mary!
—*St. Maximilian Kolbe*

PRAYER. O Mary, you are our Mediatrix with the God of all. Help me to grow in grace and holiness, so that I may one day reach your Divine Son in the bliss of heaven.