

Praxis: The Queen of Heaven—Burning Devotion to the Woman Clothed in the Sun
 (“Behold, your mother!” And from that hour the disciple took her to his own home.” John 19:27)

The Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for He has looked with favor on His lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is His Name.
He has mercy on those who fear Him
in every generation.
He has shown the strength of His arm,
He has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich He has sent away empty.
He has come to the help of His servant Israel
for He has remembered His promise of mercy,
the promise He made to our fathers,
to Abraham and His children forever.
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.

PRAXIS

- I. Devotion to the Immaculate Heart, Our Mother and Queen
 - A. Knowing Her
 1. Meditating on the Mysteries of Her Life and Living these Mysteries
 - a. Scripture
 - b. The Rosary
 2. Dialogue with Her in Mental Prayer
 - B. Entrusting Ourselves to Her
 1. Enrollment in the Brown Scapular of Our Lady of Mount Carmel
 2. Consecrations: *Totus Tuus*—The entire gift of self to Jesus through Mary
 - a. Saint Louis de Montfort (1673-1716)
 - b. Saint Maximilian Kolbe (1894-1941)
 - C. Walking and Talking with Her
 1. The Magnificat
 2. Other Prayers Developed from Scripture and Tradition
 - a. Hail Mary (*Ave Maria*)
 - b. *Angelus*
 - c. *Regina Caeli*
 - d. *Ave Regina Caelorum*
 - e. *Salve Regina*
 - f. *Memorare*
 3. Novenas to the Immaculate Conception
 4. Litany of the Blessed Virgin Mary (Litany of Loreto)

- II. Knowing Her Virtues and Living Them in Accord with My State in Life
 - A. Humility and Simplicity
 - B. Loving Obedience and Acceptance of Divine Providence
 - C. Prompt and Joyful Service
 - D. Sanctification of Ordinary Life for God's Glory
 - E. Loving Contemplation becoming Loving Action (The Word Made Flesh)
 - F. Courageous and Fruitful Love: Strength in Sorrow and Radiance in Joy
 - G. Purity of Heart: Vibrant Chastity as Virgin and Mother

QUESTIONS

- I. In what ways, if any, have I entrusted myself to Mary? What discernible fruits have come from these expressions of my devotion to her?
- II. Do I share my devotion to Mary with our separated brothers and sisters who may generally fail to heed, as beloved disciples, Jesus' instruction to "behold [our] mother"? What might be the most fruitful ways to invite, in imitation of Christ, these separated brothers and sisters to honor and love their spiritual mother, Mary?

MISSION

- I. Morning: Prayer of Saint Therese of the Child Jesus
- II. Mental Prayer: 5/5/5 (children) or 10/10/10 (teen/adult)
 - A. Gospel of the Day or Any Passages from Scripture
 - B. Stories or Writings of Saints
 - C. Passages from Theological or Catechetical Writings
 - D. Particular Decades of the Rosary
 - E. Visual Images
- III. Examination of Conscience followed by an Act of Contrition: Did I Practice "Beholding" My Mother with True Devotion, as Commanded by Christ?
 - A. When I arose this morning, did I commit myself 1) to saying "yes" to the Father; 2) to allowing the Holy Spirit to inspire all my thoughts, words, and deeds; and 3) to bearing Christ to others through my ordinary responsibilities and activities?
 - B. Was my day a "Magnificat" wherein I "proclaimed the greatness of the Lord" by doing my ordinary tasks with extraordinary love to be 1) salt to preserve what is good, 2) light to dispel the darkness, and 3) leaven to lift up in love and truth whatever or whomever is fallen?
 - C. Throughout the day did I remain engaged in holy activity and loving dialogue with the Divine Persons (Father, Son, and Holy Spirit), with angelic persons (Guardian Angel; Archangels Michael, Gabriel, and Raphael), and with holy human persons in heaven (the saints)?
 - D. In what ways must I improve in honoring and imitating Mother Mary tomorrow?