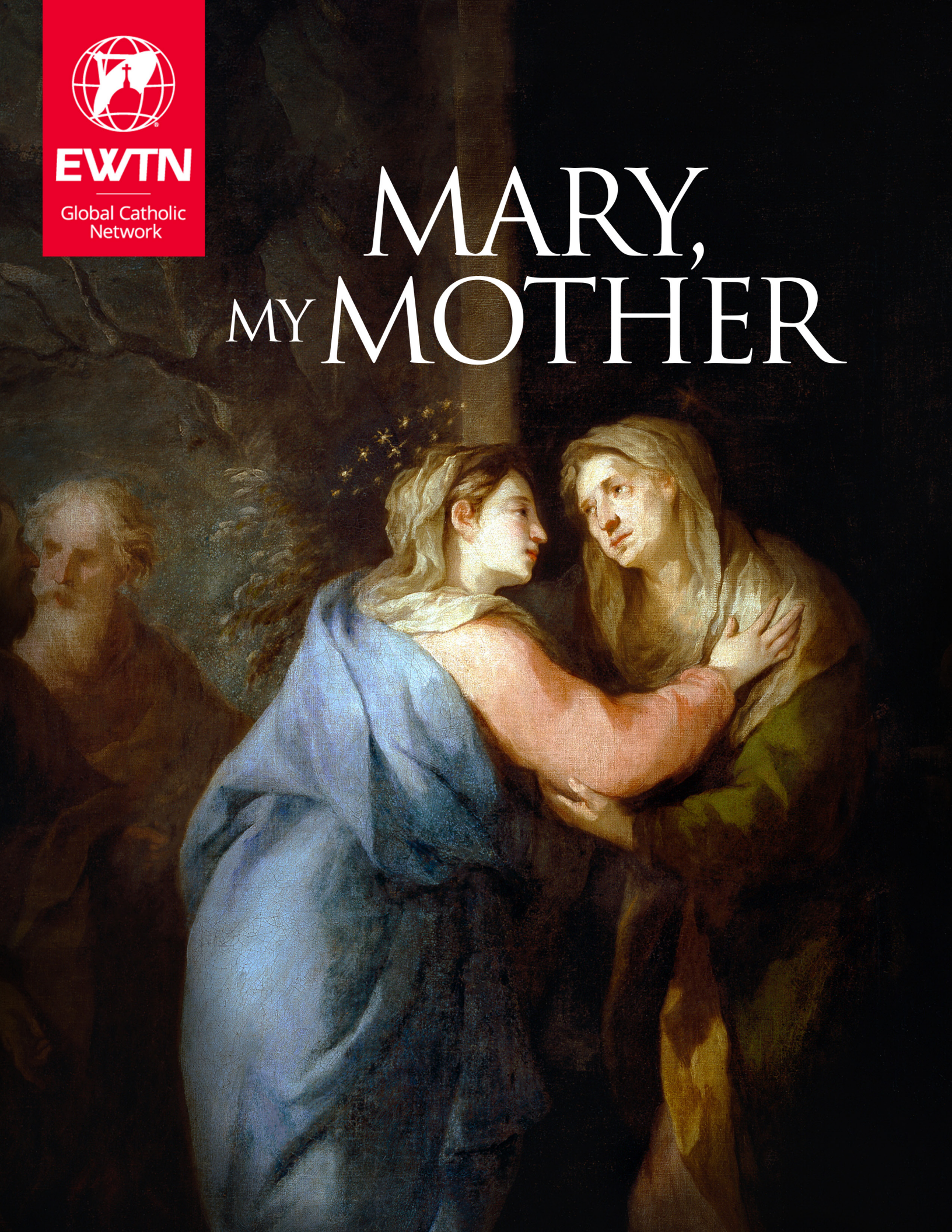




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MARY, MY MOTHER



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5817 Old Leeds Road, Irondale, Alabama 35210 USA
Tel.: 1.205.271.2900 | www.ewtn.com

Cover art: *The Visitation* by Jose Moreno

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Introduction

As Catholics, we know that Mary is Jesus' mother. Since He is God, the Second Person of the Most Blessed Trinity, this means that she is the Mother of God according to His human nature.

However, do we realize that Mary is our mother as well? Our Lord has given us everything – our lives, our families, the opportunity to be with Him in Heaven – and He has also shared His mother with us (cf. Revelation 12:17). The *Catechism of the Catholic Church* (n. 973) teaches, “[Mary] is mother wherever [Jesus] is Savior and head of the Mystical Body.”

But what does it mean when we say that she is our mother?

As our mother, the Blessed Virgin cares for each one of us as her own child. She intercedes for us and protects us. She wants the best for us. Pope Saint Paul VI said,

The Blessed Mother of God, the New Eve, Mother of the Church, continues in heaven her maternal role with regard to Christ's members, cooperating with the birth and growth of divine life in the souls of the redeemed.

Most importantly, the Blessed Mother continually points us to her Son. In fact, her last recorded words in Scripture are, **“Do whatever [Jesus] tells you”** (John 2:5). She knows that our ultimate goal in life is to grow closer to her beloved Son.

Through these Marian quotes, reflections, and prayers in this book, we pray that you will learn more about our Mother Mary and grow in greater devotion to her.



Quotes and Reflections about the Blessed Mother

“What a joy to remember that [Mary] is our Mother! Since she loves us and knows our weakness, what have we to fear?”

– St. Thérèse of Lisieux

My Blessed Mother, you want the best for me. Even when I fail, even when I sin, you still love me. In all of my weakness, you still know that I am beloved by Our Lord.

Even in the midst of fear and failure, I know that you are there for me. As my mother, you want to encourage me in my faith – to be closer to your Son and obedient to Him. Please point me to Jesus every day of my life.

Reflection Question:

Do I ask for Mary's intercession as I would ask my mother?



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“Let us run to Mary, and, as her little children, cast ourselves into her arms with a perfect confidence.”

– St. Francis de Sales

My Blessed Mother, as I think about the childhood of Our Lord, I imagine the care that you gave Him. You made sure that He was clean and fed and safe.

When I need a mother, I know that you are there to comfort me. Just as you cared for Jesus, you will care for me.

Reflection Question:

When has Mary helped me with a problem? Have I thanked her?



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“Even while living in the world, the heart of Mary was so filled with motherly tenderness and compassion for men that no one ever suffered so much for their own pains, as Mary suffered for the pains of her children.”

– St. Jerome

My Blessed Mother, I know that you suffered terribly when Jesus was on the Cross. At that moment, the words of Simeon – “a sword will pierce through your own soul” (Luke 2:35) – were fulfilled. Your deep love for Jesus caused you unimaginable anguish.

Mary, I know that you love me deeply, too. When I hurt, your heart hurts for me. As my mother, you would rather experience pain than watch me suffer. This is why I ask you, in my pain, to intercede for me, dear mother.

Reflection Question:

How can I meditate with Mary on her sorrows, particularly the Passion of Jesus?



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“If you ever feel distressed during your day, call upon our Lady, just say this simple prayer: ‘Mary, Mother of Jesus, please be a mother to me now.’ I must admit, this prayer has never failed me.”

– St. Teresa of Calcutta

My Blessed Mother, I need your maternal care. Life can be very difficult, and I ask that you help me when I feel scared and alone. You understand my feelings of pain. Your sorrows were heavy, and you know the burdens that can weigh us down.

Mary, my mother, you also understand that God wants to dry our tears. In the Book of Psalms, King David says, “The LORD is near to the brokenhearted, and saves the crushed in spirit” (Psalm 34:18). You have always trusted in His love for us. You have always believed that He wants our ultimate happiness. May I have faith like yours.

Reflection Question:

Do I call on Mary when I’m anxious?



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“May the mother of Jesus and our mother, always smile on your spirit, obtaining for it, from her most holy Son, every heavenly blessing.”

– St. Padre Pio

My Blessed Mother, during the Wedding Feast at Cana, you wanted Jesus to turn the water to wine. You knew that the young couple would be embarrassed by the lack of wine, and you wanted them to avoid this humiliation.

Your Son, as always, followed your wishes and performed this great miracle. Now, even more than then, you are a powerful intercessor with the Lord. Your Son loves you, and when you approach Him with a request, He will answer you. My mother, I am thankful for your love and intercession.

Reflection Question:

In moments when I'm faced with embarrassment, do I think to ask for Mary's intercession?



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“If we heaped together all the love that mothers have for their children, all the love of husbands and wives, all the love of all the angels and Saints for their clients, it could never equal Mary’s love for even a single soul.”

– St. Alphonsus Liguori

My Blessed Mother, when I think of a mother’s love, I think of tenderness, care, and protection. You provide all of this for us, your spiritual children.

Your Son is Love Itself and the source of all love. First John 4:7 says, “Beloved, let us love one another; for love is of God, and he who loves is born of God and knows God.” You, my mother, are a perfect example of the love that Christians have for one another. Please help me to love others with a deep, unselfish love.

Reflection Question:

Today, how can I grow in love of Jesus, love of Mary, and love of others – even those who hate me?



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“Mary, my Mother, teach me how to love Jesus and how to be like Him. Guide me in the path of holiness and defend me from the enemy. Tell Jesus I love Him and tell the Father I long to be with Him.”

– Mother Angelica

My Blessed Mother, many people do not realize your love for all of us. While others ignore you, I want to grow closer to you. Loving you does not take away from loving Jesus. In fact, it brings us much closer to Him.

You always point to your Son, always want us to seek Him. In your humility, you don't want glory for yourself. I am thankful for your love and intercession. Please ask Jesus to make me humble like you.

Reflection Question:

How can I help others seek the Lord in imitation of Mary?



Children's Prayer to Mary

Dear Mother of Jesus,
look down upon me
as I say my prayers slowly
at my mother's knee.
I love thee, O Lady,
and please willest thou bring
all little children
to Jesus our King.



Don Bosco's Prayer to Mary

Most Holy Virgin Mary, Help of Christians,
how sweet it is to come to your feet
imploping your perpetual help.
If earthly mothers cease not to remember their children,
how can you, the most loving of all mothers, forget me?
Grant then to me, I implore you,
your perpetual help in all my necessities,
in every sorrow, and especially in all my temptations.
I ask for your unceasing help for all who are now suffering.
Help the weak, cure the sick, convert sinners.
Grant through your intercessions many vocations to the religious life.
Obtain for us, O Mary, Help of Christians,
that having invoked you on earth we may love and eternally thank you in Heaven.



The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me.

Amen.



About Us

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