

WALKING WITH MARY IN LENT

HOW DO WE WALK WITH MARY DURING LENT? HERE ARE 10 LITTLE STEPS.

Mary enriches our spiritual journey always.

We can live the Lenten season with Mary as fulfilling our Marian consecration.

- TAKE UP MARY'S SPIRITUAL PRACTICES, WHICH LIKELY INCLUDED, PRAYING THE PSALMS, MEDITATING ON THE SCRIPTURES, OFFERING HYMNS OF PRAISE AND GRATITUDE TO GOD SUCH AS HER MAGNIFICAT.
- IMITATE MARY'S COURAGEOUS "YES" MORE INTENTIONALLY AS YOU WALK THE STATIONS OF THE CROSS WITH HER.
- IMITATE MARY'S FORGIVENESS AND MERCY AT THE FOOT OF THE CROSS WHERE SHE ALSO FORGAVE HER SON'S EXECUTIONERS.
- IMITATE MARY'S COMPLETE FOCUS ON HER SON JESUS DURING ALL THE PHASES OF HIS SUFFERING; AND HER INTERCESSORY PRAYER FOR EVERYONE INVOLVED.
- STRIVE TO LIVE MARY'S FAITH, HOPE AND LOVE, SIMPLICITY, SACRIFICE, SERVICE AND OBEDIENCE—EVEN IN THE FACE OF SUCH TERRORIZING AGONY.
- WITH MARY, SIT AT THE FEET OF JESUS, CHOOSING THE BETTER PART—PERHAPS ATTEND EUCHARISTIC ADORATION MORE FREQUENTLY AND READ JOHN'S GOSPEL, CHAPTER 19.
- TAKE UP MARY'S "BEADS". INTENTIONALLY, LIVE MARY'S MEMORIES! LINGER IN CONTEMPLATION OF THE SORROWFUL MYSTERIES, ASKING MARY TO HELP YOU ENCOUNTER JESUS IN HIS PASSION THAT YOU MAY LOVE HIM MORE.
- CONSIDER WHEN JESUS BREATHED HIS LAST AND MARY DID AS HE SAID, "BEHOLD YOUR SON"—JOHN THE BELOVED. SHE TOOK HIM INTO HER HEART AND BROUGHT FORTH THE BEST OF HIS PRIESTHOOD. CONSIDER THE VOCATION OF SPIRITUAL MOTHERHOOD OR FATHERHOOD OF PRIESTS.
- WITH MARY, RECEIVE HOLY COMMUNION MORE OFTEN, MINDFUL THAT MARY HELPS YOU TO ENCOUNTER JESUS MORE INTIMATELY.
- CONSOLE THE SORROWFUL MOTHER ALONG THE VIA DOLOROSA, PERHAPS OFFERING TO SHARE IN HER PIERCED HEART FOR LOVE OF GOD AND NEIGHBOR.

Source: Catholic Exchange