

33 Day Consecration to Jesus Through the Immaculate Heart of Mary

*(Some portions of the prayers and meditations are taken from "Consecration to Jesus Through Mary" book.
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Day Seven (7)

Anxiety

Our lives are filled with anxiety. In our modern world, nothing is stable. Highly trained people have no jobs. Marriages break up. Our health and family's health is at risk these days. Loved ones are taken away from us too soon and unexpectedly. Fear has so many causes. The bible uses the word "fear" 454 times and "afraid" 103 times. Anxiety is a gigantic problem, even in Scripture.

Sources of Fears

We worry for two reasons. First, we have human needs that must be met every day. Secondly, we live on earth where everything can change. What was secure yesterday is not secure today. When Jesus walked on the water to help the apostles, He said, "Do not be afraid. It is I" (Mt 14:27). When He appeared to the disciples after the Resurrection, He again had to say, "Why are you troubled? See my hands and my feet, that it is I myself." When Jesus comes, He calms us.

Two Kinds of Peace

After the Last Supper, Jesus said, "Peace, I leave you. My peace I give you. Not as the world gives do I give it to you." Jesus speaks of two kinds of peace, His and the world's. The difference is this: Jesus' peace lasts day after day; the world's peace quickly fades. When a person has money and position, he can claim, "I have made it." He overlooks two things. First, his life will always change. Time marches on. Secondly, external goods do not satisfy. They give only the world's peace. The human heart searches for the infinite, lasting peace that only Jesus gives.

Cana

The poor couple at their wedding was growing anxious. They had too many guests and not enough wine. Mary took care of the problem. At her request, Jesus quietly made some wine. AS the headwaiter remarked to the groom, "You have saved the best wine until now" (Jn 2:10). Even the groom was surprised. Learn to say "Mary, I surrender myself to you as Jesus did. Take care of everything."

The Virtues

Our hearts, minds, and souls can be troubled even with the smallest of things. Unfortunately the world we live in today only adds to that fear and raises our anxieties daily. While practicing our virtues we need to stop and calm ourselves by hearing the words of our Lord, "Peace be with you". Say it over and over again today. Let those words ring in your ear, settle down your mind, and rest your heart. Remember, the virtues you do, even the smallest, when offered up to our Mother can benefit you greatly, and bring peace to your family.

Saints Say

St. Faustina wrote, "I only grow anxious when I think of the future. When I live in God's present, I am at peace."

St. Louis de Montfort writes:

1. Without my Mother, I would be lost.
2. By saying the Hail Mary, hardened sinners gain a spark of confidence.
3. Mary is the safe path and a direct road to find Jesus.
4. Knowing their need for her help, souls will go to Mary.
5. Mary's followers live without worry.

Enter into Daily Common Prayers

DAILY COMMON PRAYERS

***P*ayer for Practicing of Virtues**

Dear Holy Mother, pray for me. Because anxiety surrounds me, and I feel helpless at times. Fear is always mocking me, laughing at me, making me unable to continue this walk with you, my Mother. Why do I try each day to live virtuously? I look around, and things don't seem to change. Why continue? And here is where you tell me, "peace be with you, my dear child. I know what you fear, I know you, my dear little one. Give to me all your fears, worries, and troubles. And don't stop walking with me. There is real peace, true peace ahead, just be strong my little child. Come, let us go". My Mother, please, help me. Amen.

***O*, Mary!**

O Mary conceived without sin, pray for us who have recourse to thee.
Please spread the grace of the Flame of Love over all humanity! Amen.

***C*onsecration**

My Queen and my Mother, I give myself entirely to you, and to show my devotion I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Always dear Mother, I am your own, keep me, guard me as your property and possession. Amen.

***C*ome Creator Holy Spirit**

Come Holy Spirit, Creator, come to me come, from Your bright Heavenly throne!

Come, take possession of my soul, and make it all Your own.

You who are called the Paraclete, best gift of God above, the living Spirit, the living fire, sweet unction and true love! You who are sevenfold in Your grace, finger of God's right hand, His promise, teaching little ones to speak and understand!

O guide our minds with Your blessed light, with love our hearts enflame, and with Your strength, which never delays, confirm our mortal frame.

Far from us drive our hellish foe, true peace unto us bring, and through all perils guide us safely, beneath Your Sacred Wing, through You may we the Father know, through You the eternal Son, and You the Spirit of them both, Three blessed, three in one.

All glory to the Father be, and to the risen Son the same to you, O Paraclete, while endless ages run. Amen.

***T*ransformation Into Christ**

It is no longer I who live, but Christ who lives in me.

O, my Jesus, may our feet journey together,

May our hands gather in unity,

May our hearts beat to the same rhythm,

May our souls be in harmony,

May our thoughts be in unison,

May our ears listen to the silence together,

May our glances melt in one another,

And may our lips beg our Heavenly Father together

To obtain mercy on souls.

Amen.