

# Introduction to 33 Day Consecration to Jesus Through the Immaculate Heart of Mary

*(Some portions of the prayers and meditations are taken from the book "Consecration to Jesus Through Mary" book.  
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You have heard the saying, "we are all called to be saints". But did you know there is a person in the church who can help us to become a saint? According to St Louis De Montfort, the total consecration to Mary is **the quickest, easiest, surest and the most perfect way to become a saint.**

## What is Marian Consecration?

At the foot of the cross, Jesus is inviting us to receive Mother Mary as our own Mother by saying "Behold your mother". And the disciple at the foot of the cross received her as his own mother. This disciple said yes when the Lord asked him to take care of His Mother. And of course Mother Mary said yes when the angel said she will be the one to bring forth the Messiah into the world.

Through Marian Consecration we are saying "yes" to the invitation of Jesus. We receive His Mother as our own spiritual mother and to also allow Mother Mary to form us in holiness as she helped to raise baby Jesus in holiness and wisdom. This Mother who was chosen as the Mother of Jesus is the most valuable gift Jesus gave us.

## How can we do this?

For the next 33 days, we will reflect, pray, practice virtues and offer them up to the Immaculate Heart of Mother Mary. It is not complicated and Mother Mary wants us to do the simplest of things to help Her and Son in the process of salvation. **As part of this process, you will be doing the following daily:**

- 1) meditating on guidance given by St. Louis de Montfort
- 2) praying a set of Common Prayers
- 3) actively practicing virtues in many situations.

## Why is Mother Mary's heart Immaculate?

Mother Mary was conceived without any stain of sin. And Jesus, who is love Himself, emptied Himself, and became humble enough to come into the womb of Mother Mary. Because she was spotless, she was the perfect vessel to carry our Lord. And her heart became immaculate with the holiness of God.

## Who all we can consecrate to the Immaculate Heart of Mary and why is the consecration important?

Mother Mary is filled with the Holy Spirit, in body and soul. Any souls that are consecrated into her immaculate heart will be handed over to the Holy Spirit. The moment the Holy Spirit receives a soul, it will be transformed and purified. This is the work of the Holy Spirit. So, any soul that is offered into the Immaculate Heart will not be ruined.

## What is Virtue and why is it important?

Virtues align with actions that move our souls closer to God.

- Did anyone feel loved by us today? Offer up that love.
- Did I feel thankful for anything I received from the Lord today? Offer that up.
- Was I faithful in everything God entrusted to me today? Offer that up.
- Did I obey the rules of my family? Offer up that obedience.

Even if the answer to many of these questions is no, then do not be worried. You can offer up every situation and act to Mother Mary's heart, even your failures. Do this offering not just for yourself but for the souls of many others, especially those within your family and friends. Mary will take them up and they will be purified from its imperfections.

The virtues we practice and submit into the hands of Mother Mary will be stored up in the eternal treasury. We read in Mathews gospel chapter 6: 20 “But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal.” Knowingly or unknowingly every day we are doing hundreds of thoughts, words, and actions. **If we submit them into the Immaculate Heart of Blessed Mother, she will immediately submit them into heaven. Those actions, thoughts, words and sacrifices will be deposited into the eternal treasury and it will be a credit for you.**

Virtues can be done in 4 ways:

1. Deeds, 2. Words, 3. Actions, 4. Inclusion of sacrifice involved (You can't skip sacrifice when doing virtues)

Example: You walk by the kitchen on your way to watch your favorite TV show and notice your mom sweeping up and there are stacks of dishes and other items piled up near the sink waiting to be cleaned off and put in the dishwasher.

1. **Deeds:** In your mind you feel love/sympathy for mom who is working so hard cleaning and cooking and looks so tired. You think “I feel bad, I should help her” (*it's the Holy Spirit speaking to you and you recognize it*)
2. **Words:** You ask her, “Is there anything you need help with mom?” With a smile.
3. **Actions:** You work hard to clean up and assist her in cooking the meals.
4. **Sacrifice:** The sacrifice of your leisure to help a loved one in need.

**\*\*Before you begin the practice, in your mind say, “Mother Mary I submit these virtues to your Immaculate Heart, please give this to the Holy Trinity” (thought, words, and actions without losing the sacrifice involved in it). See how many virtues you can attain in one event! Intensify the value of virtue: If you do it with humility, with lots of love and without complaining about the sacrifice involved in it and submit it. Remember, even if you did it just for the sake of doing it, still submit it. Mother Mary can purify it!**

### **The order of doing Virtues:**

The first 3 days we must do 3 virtues each, and the next 4 days, 10 virtues each. After one week we must practice 33 virtues per day. Keep track and note down how many virtues you did daily . In short:

**Day 1, 2, & 3:** 3 virtues/day (for the sake of Holy Trinity)

**Day 4, 5, 6, & 7:** 10 virtues/day (for the sake of the 10 Commandments)

**Days 8 to 33:** 33 virtues/day (for the sake of our Lord's 33 years of earthly life)

### **Final Day**

Marian consecration will happen on the final day, August 15 (Feast of the Assumption). These 33 days will lead you down the path of sainthood, but it is up to you to travel it. Mother is with you for sure, so take her hand and walk. Trust Her, for she will always lead you to her Son's most precious heart.

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## Instructions

Once you sign up you'll receive:

- Daily Meditations and Daily Common Prayers – These will be available on our parish website to view & download. Please check there often. Also, you will receive these through Email, WhatsApp, & text every day. You must read through them and honestly reflect on the message each day, then follow through with the Daily Common Prayers.
- Virtues Explained – it explains briefly our catholic belief in that particular virtue. Take the time to go through this document and see how you can practice the majority of them from the first day. By the end of the 33 days it's hoped that you will develop a habit of offering up everything (think, do, say) to Jesus and Mary and live out each virtue to the fullest.
- Virtues Chart – which will help you to keep track of how many times you performed that virtue each day. Update it frequently each day! Additionally, a Virtues Calendar for Small Kids is included in case your little siblings would like to participate too. They simply need to perform the virtue listed on the calendar for that day (with your help and involvement of parents too).

### **\*Please note:**

**Weekdays** (Monday to Friday) – It's recommended to attend the parish live stream of adoration and pray the daily prayers at that time. The audio recording of the Daily Meditation and Prayers will be played during after the rosary, approximately around 6:30pm.

**Weekends** (Saturday and Sunday) we will gather via conference call in the evening to go through the mediation and prayers, then have a brief discussion together as a group.

**Now that you have everything, go start your journey to holiness!** Wake up, practice virtues, chart them frequently. Then join in for adoration to do the Meditations and Prayers. Don't forget about daily mass too! If you missed a day or "stumble and fall" along this journey don't despair. Take Mother's hand, get up, ask again for Her help, and keep going!

### **What are the virtues I should practice?**

Theological virtues of faith, hope, and charity.

Cardinal virtues of prudence, justice, temperance, and fortitude.

Additional virtues: wisdom, understanding, counsel, knowledge, piety, fear of the Lord, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

### **How to chart your virtuous deeds?**

Simple, just note down the number of times you were able to practice that particular virtue. If you could not do a certain virtue then leave it blank and try again the next day. Remember, try to offer up the action to Mother before you do it.

### **Marian Consecration day**

The Marian Consecration will happen on the final day, which should be the Feast of the Assumption.

We hope to provide some version of the Sacrament of Reconciliation before the final day for all participants (depends on our Covid situation). Details will be sent later on this.

# VIRTUES REFERENCE SHEET

*A virtue is a firm attitude to do what is right. Its direct opposite is a vice. A vice is a habit to do what is wrong.*

In your daily pray & actions seek growth in the:

## Theological Virtues

**Faith** - CCC 1842 By faith, we believe in God and believe all that he has revealed to us and that the Holy Church proposes for our belief. Therefore, the believer seeks to know and do the will of God because “faith works through charity” (Galatians 5:6) Compendium of the Catechism of the Catholic Church.

**Hope** - CCC 1843 By hope, we desire, and with steadfast trust await from God, eternal life and the graces to merit it.

**Love (Charity)** - CCC 1822 Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God. The practice of all the virtues is animated and inspired by charity, which “binds everything together in perfect harmony”

**Cardinal Virtues** - these four habits assist us in developing a pure heart that is open to God’s will.

**Prudence** is “right reason.” It’s exercised by knowing what is truly good for us and then making a plan to do what is right. Do what is right and follow the standards set by the church & in your family.

**Justice** is respecting and giving what is due to God and to others by choosing what is right. Hold yourself accountable for what you fail to do, make up for it, learn from it. Justice is the application of prudence.

**Fortitude** is moral courage. Choosing to do what is right according to God’s will is not easy. By living according to God’s will, you may encounter teasing, criticism, loneliness, or more. Pray for the courage to stand strong.

**Temperance** is self control or self discipline. Moderation and appropriate structured use of your time is a good thing to practice. Less time on phone & games, more time asking what can I do to help at home.

**Additional virtues** to reflect on and practice...

**Wisdom** is both the knowledge of and judgment about “divine things” and the ability to judge and direct human affairs according to divine truth.

**Understanding** is penetrating insight into the very heart of things, especially those higher truths that are necessary for our eternal salvation—in effect, the ability to “see” God.

**Counsel** allows a man to be directed by God in matters necessary for his salvation.

**Knowledge** is the ability to judge correctly about matters of faith and right action, so as to never wander from the straight path of justice.

**Piety** is, principally, revering God with filial affection, paying worship and duty to God, paying due duty to all men on account of their relationship to God, and honoring the saints and not contradicting Scripture.

**Fear of God** is a chaste fear whereby we revere God and avoid separating ourselves from him—as opposed to “servile” fear, whereby we fear punishment.

**Joy** is recognizing that true happiness comes, not from money or possessions, but from knowing and following Christ.

**Peace** is being freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

**Patience** is demonstrated by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

**Kindness** is lived by treating others as we want to be treated.

**Goodness** is exhibited when we honor God by avoiding sin and always trying to do what we know is right.

**Generosity** is done when we share our gifts and possessions with others.

**Gentleness** is about acting calmly and avoiding actions that might lead others to anger or resentment.

**Faithfulness** is when we live out our commitment to the teachings of Jesus, the Scriptures, the Church & FAMILY.

**Modesty** is exhibited by being pure in our thoughts, words, and dress.

**Self-control** is shown by working to overcome the temptations we face and by trying always to do God’s will.

**Chastity** is done when we use the gift of sexuality wisely, according to God’s plan.

33 DAY CONSECRATION TO JESUS THROUGH MARY - DAILY PRACTICE OF VIRTUES

	DAYS																																
VIRTUE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
Faith																																	
Hope																																	
Charity																																	
Prudence																																	
Justice																																	
Temperance																																	
Fortitude																																	
Wisdom																																	
Understanding																																	
Counsel																																	
Knowledge																																	
Piety																																	
Fear of the Lord																																	
Joy																																	
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Faithfulness																																	
Modesty																																	
Self-Control																																	
Chastity																																	

Reflect at end of each day and write out the number of times your able to practice each virtue. If you haven't practiced one then leave that box blank, but try the next day to practice as many as possible.