

# Prayer & Mary





## What is Prayer?

- If a friend asked you how to pray, what would you say?
- Conversation with God
- Responding to & relating to God
- Speaking & listening

## Why do we Pray? Types of Prayer

- Rosary
- Lectio Divina - scripture
- Confession
- Adoration
- Mass
- Memorized prayers (Hail Mary, Our Father, Glory Be)
- Journaling
- Thanksgiving
- Singing



## Why do we Pray?

- Form and maintain a relationship with God
- Communication
- Helps you learn more about God
- Invites Him into your life to guide you and be with you

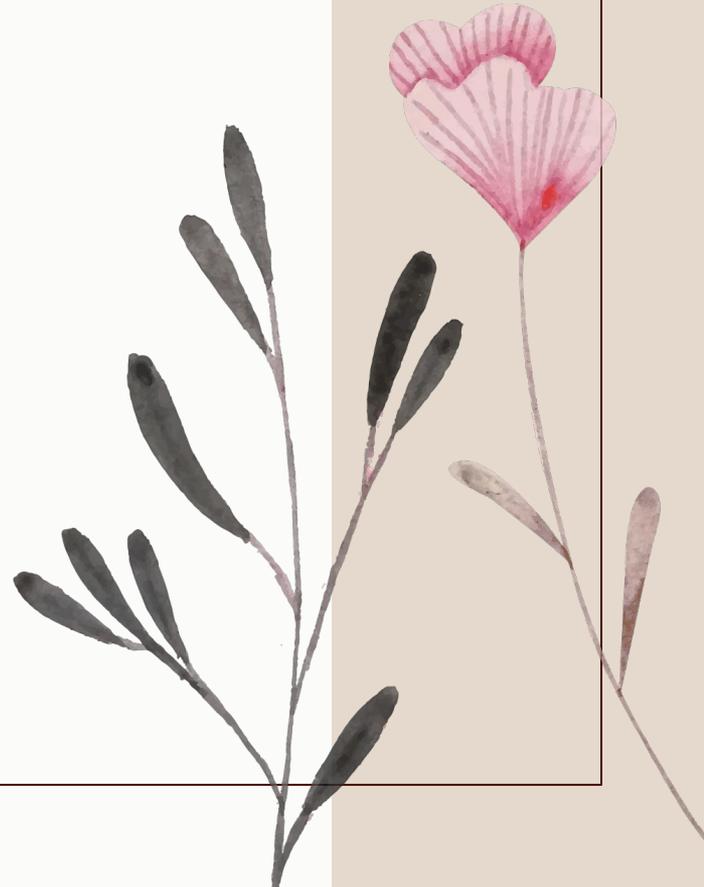
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To pray is to talk to God about anything that is in your heart: the things that bring you joy, and the things that bring you sorrow; the successes you experience and the failures you encounter; your strengths and talents; your faults and weaknesses; your hopes and dreams. In prayer you can talk to God about everything!”

# Tips for Praying:

- There's no wrong way to pray
  - We all have different ways of communicating and relating - do what works best for you
- Try to pray everyday, even if it's just for a minute - give a little everyday rather than giving a lot once a week
- Practice!
- Recognize that distractions and temptations will arise - push through those and pray anyway
- Remember: God is always listening and he always hears our prayers and answers them, just only always in the way or time we expect
  - God works behind-the-scenes



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A watercolor illustration of a floral arrangement in the bottom-left corner. It features a large, light pink flower with a yellow center, surrounded by various green and reddish-pink leaves and smaller buds. The illustration is set against a white background that is part of a larger design with a light beige background on the right.

# Mary

# Who is Mary?

## 4 Marian Dogmas



### **Mother of God**

Gave birth to human Jesus - unities his divinity and humanity



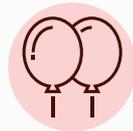
### **Perpetual Virgin**

Remained a virgin before, during, and after the birth of Jesus - perfectly pure



### **Immaculately Conceived**

Conceived without sin in her mother's womb - from the very beginning she was sinless and set apart for God



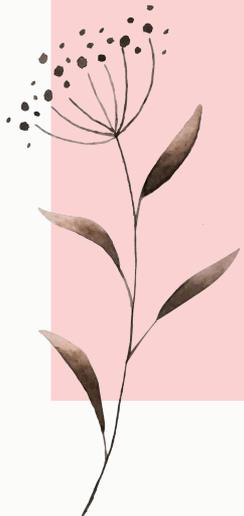
### **Assumed into Heaven**

Whole body and soul were assumed into heaven - no remains left



# Why?

- Next holiest person to Jesus
- She is female - relatable
- She was a teenager once and given lots of responsibilities
- The devil is scared of her
- She is our Mother in Heaven



# How?

- Rosary
- Scriptures
- Put up statues or pictures of her
- Say her name
- Wear jewelry with her on it
- Consecrate yourself to her



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# Apparitions

“A heavenly figure appears on earth  
with a message”

**Guide to Marian Apparitions**



# Our Lady of Guadalupe

- Mexico, 1531
- Mary appeared to Juan Diego and told him to go to his bishop and build a church. The bishop asked for a sign. Juan told this to Mary and she sent Juan to gather roses to give to the bishop. Juan saw a patch of roses popping through the December, frozen ground. He gathered them in his tilma to give to the bishop and when he opened his tilma, there were no roses but the image of Our Lady of Guadalupe.
- Image: still in the church that was built where Mary appeared:
  - Brightness of pigment remains unfaded
  - No brush strokes on image
  - Ultrasound - hear 2 heartbeats
  - Eyes reflect images of human figures
  - Bomb was placed next to it and it was unharmed



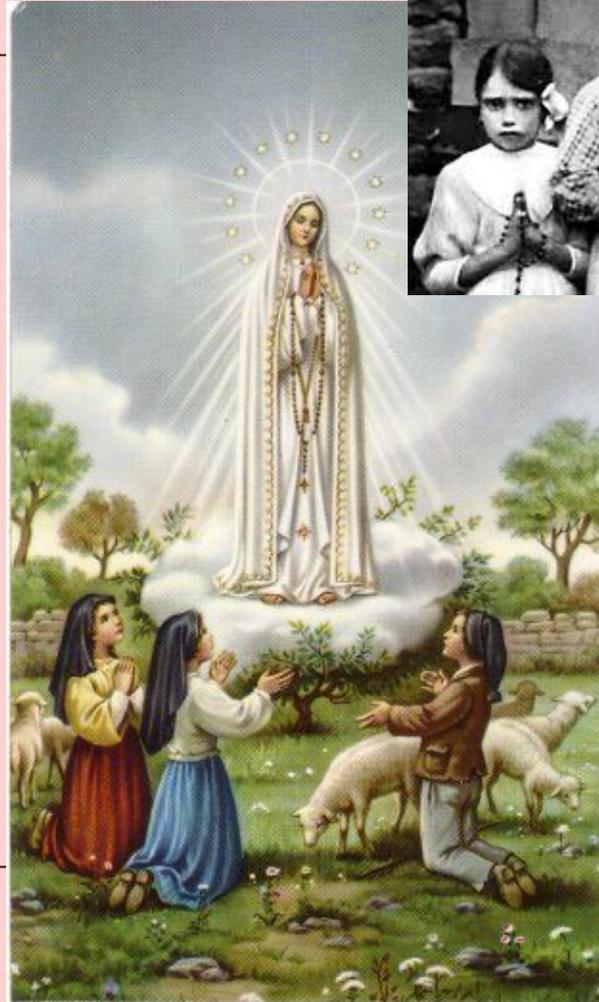
# Our Lady of Lourdes

- France, 1858
- St. Bernadette
- Mary appeared and said she was the “Immaculate Conception” and that the world needed more prayer and reparation for sins.
- Instructed to bathe and drink from the fountain, but there was no fountain present so St. Bernadette dug into the gravel and revealed a pond.
- The stream has become a source of healing for many who visit



# Our Lady of Fatima

- Portugal, 1917
- Mary appeared dozens of times to 3 kids: Lucia, Jacinta, Francisco
- Her message was to pray the rosary daily and have everyone in Russia consecrate themselves to Mary
- She said she would be back and 70,000 witnessed her appearance and the “Dancing of the Sun”
  - The sun became like a disc and spun around with colors flying around the disc, then the sun started approaching the people



# Our Lady of America

- Indiana, 2005
- Mary appeared to Sr. Mildred
- Her message was a plea for purity and a consecration to St. Joseph

