

## Day 13

“It was through the most holy Virgin Mary that Jesus came into the world, and it is also through her that He has to reign in the world ... Her humility was so profound that she had no inclination on earth more powerful or more constant than that of hiding herself, from herself as well as from every other creature, so as to be known to God only.” (*True Devotion to Mary*, St. Louis De Montfort).

**Don't worry if you miss a day; just pick up when you can. If you misplace the email, all the entries are on the website here:**

<https://sacredheartwinchester.org/2022/11/06/experience-the-powerful-spiritual-effects-of-true-devotion-to-mary/> We also have the guides in the Gift Shop if you would like to have a hard copy of the book.

Chapter five – read pages 67-71

Theme for the Week: Knowledge Of Self

Prayers, examinations, reflection, acts of renouncement of our own will, of contrition for our sins, of contempt of self, all performed at the feet of Mary, for it is from her that we hope for light to know ourselves. It is near her, that we shall be able to measure the abyss of our miseries without despairing.

We should employ all our pious actions in asking for a knowledge of ourselves and contrition of our sins: and we should do this in a spirit of piety. During this period, we shall consider not so much the opposition that exists between the spirit of Jesus and ours, as the miserable and humiliating state to which our sins have reduced us. Moreover, the True Devotion being an easy, short, sure and perfect way to arrive at that union with Our Lord which is Christlike perfection, we shall enter seriously upon this way, strongly convinced of our misery and helplessness. But how attain this without a knowledge of ourselves?"

Luke 11:1-10

And it came to pass, that as he was in a certain place praying, when he ceased, one of his disciples said to him: Lord, teach us to pray, as John also taught his disciples. And he said to them: When you pray, say: Father,

hallowed be thy name. Thy kingdom come. Give us this day our daily bread. And forgive us our sins, for we also forgive every one that is indebted to us. And lead us not into temptation.

And he said to them: Which of you shall have a friend, and shall go to him at midnight, and shall say to him: Friend, lend me three loaves, Because a friend of mine is come off his journey to me, and I have not what to set before him. And he from within should answer, and say: Trouble me not, the door is now shut, and my children are with me in bed; I cannot rise and give thee. Yet if

he shall continue knocking, I say to you, although he will not rise and give him, because he is his friend; yet, because of his importunity, he will rise, and give him as many as he needeth.

And I say to you, Ask, and it shall be given you: seek, and you shall find: knock, and it shall be opened to you. For everyone that asketh, receiveth; and he that seeketh, findeth; and to him that knocketh, it shall be opened.

## **Daily prayers to recite**

### **Litany of the Holy Ghost**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Father all powerful, have mercy on us

Jesus, Eternal Son of the Father, Redeemer of the world, save us.

Spirit of the Father and the Son, boundless life of both, sanctify us.

Holy Trinity, hear us

Holy Ghost, Who proceedest from the Father and the Son, enter our hearts. Holy Ghost, Who art equal to the Father and the Son, enter our hearts.

Promise of God the Father, have mercy on us.

Ray of heavenly light, have mercy on us

Author of all good, have mercy on us

Source of heavenly water, have mercy on us

Consuming fire, have mercy on us

Ardent charity, have mercy on us

Spiritual unction, have mercy on us

Spirit of love and truth, have mercy on us

Spirit of wisdom and understanding, have mercy on us

Spirit of counsel and fortitude, have mercy on us

Spirit of knowledge and piety, have mercy on us

Spirit of the fear of the Lord, have mercy on us

Spirit of grace and prayer, have mercy on us

Spirit of peace and meekness, have mercy on us

Spirit of modesty and innocence, have mercy on us

Holy Ghost, the Comforter, have mercy on us

Holy Ghost, the Sanctifier, have mercy on us

Holy Ghost, Who governest the Church, have mercy on us

Gift of God, the Most High, have mercy on us

Spirit Who fillest the universe, have mercy on us

Spirit of the adoption of the children of God, have mercy on us

Holy Ghost, inspire us with horror of sin.

Holy Ghost, come and renew the face of the earth.  
Holy Ghost, shed Thy light in our souls.  
Holy Ghost, engrave Thy law in our hearts  
Holy Ghost, inflame us with the flame of Thy love.  
Holy Ghost, open to us the treasures of Thy graces  
Holy Ghost, teach us to pray well.  
Holy Ghost, enlighten us with Thy heavenly inspirations.  
Holy Ghost, lead us in the way of salvation  
Holy Ghost, grant us the only necessary knowledge.  
Holy Ghost, inspire in us the practice of good. Holy  
Ghost, grant us the merits of all virtues.  
Holy Ghost, make us persevere in justice.  
Holy Ghost, be Thou our everlasting reward.  
Lamb of God, Who takest away the sins of the  
world, Send us Thy Holy Ghost.  
Lamb of God, Who takest away the sins of the  
world, pour down into our souls the gifts of the Holy Ghost.  
Lamb of God, Who takest away the sins of the world, grant us the Spirit of wisdom and piety.

V. Come, Holy Ghost! Fill the hearts of Thy faithful,  
R. And enkindle in them the fire of Thy love.

Let Us Pray. Grant, O merciful Father, that Thy  
Divine Spirit may enlighten, inflame and purify us,  
that He may penetrate us with His heavenly dew and  
make us fruitful in good works, through Our Lord  
Jesus Christ, Thy Son, Who with Thee, in the unity  
of the same Spirit, liveth and reigneth forever and  
ever.

R. Amen.

### **Litany of the Blessed Virgin Mary (Litany of Loreto)**

Lord, have mercy on us, Christ have mercy on us.  
Lord, have mercy on us. Christ hear us. Christ, graciously hear us.  
God the Father of Heaven, have mercy on us.  
God the Son, Redeemer of the world, have mercy on us  
God the Holy Ghost, have mercy on us.  
Holy Trinity, One God, have mercy on us.  
Holy Mary, pray for us  
Holy Mother of God, pray for us.  
Holy Virgin of virgins, pray for us.  
Mother of Christ, pray for us.  
Mother of divine grace, pray for us.  
Mother most pure, pray for us.  
Mother most chaste, pray for us.

Mother inviolate, pray for us.  
Mother undefiled, pray for us.  
Mother most amiable, pray for us.  
Mother most admirable, pray for us.  
Mother of good counsel, pray for us.  
Mother of our Creator, pray for us.  
Mother of our Saviour, pray for us.  
Mother of the Church, pray for us.  
Virgin most prudent, pray for us.  
Virgin most venerable, pray for us.  
Virgin most renowned, pray for us.  
Virgin most powerful, pray for us.  
Virgin most merciful, pray for us.  
Virgin most faithful, pray for us.  
Preparation for Consecration, pray for us.  
Mirror of justice, pray for us.  
Seat of wisdom, pray for us.  
Cause of our joy, pray for us.  
Vessel of honor, pray for us.  
Singular vessel of devotion, pray for us.  
Mystical rose, pray for us.  
Tower of David, pray for us.  
Tower of ivory, pray for us.  
House of gold, pray for us.  
Ark of the covenant, pray for us.  
Gate of Heaven, pray for us.  
Morning star, pray for us.  
Health of the sick, pray for us.  
Refuge of sinners, pray for us.  
Comforter of the afflicted, pray for us.  
Help of Christians, pray for us.  
Queen of angels, pray for us.  
Queen of patriarchs, pray for us.  
Queen of prophets, pray for us.  
Queen of Apostles, pray for us.  
Queen of martyrs, pray for us.  
Queen of confessors, pray for us.  
Queen of virgins, pray for us.  
Queen of all saints, pray for us.  
Queen conceived without Original Sin, pray for us.  
Queen assumed into Heaven, pray for us.  
Queen of the most holy Rosary, pray for us.  
Queen of peace, pray for us.  
Lamb of God, Who takest away the sins of the world, Spare us, O Lord.  
Lamb of God, Who takest away the sins of the  
world, Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world, Have mercy on us.

V. Pray for us, O holy Mother of God,  
R. That we may be made worthy of the promises of Christ.

Let Us Pray. Grant, we beseech Thee, O Lord God, unto us Thy servants, that we may rejoice in continual health of mind and body, and by the glorious intercession of Blessed Mary, ever virgin, may be delivered from present sadness, and enter into the joy of Thine eternal gladness. Through Christ Our Lord.  
R. Amen

### **Ave Maris Stella**

Hail, O Star of the ocean, God's own Mother blest, ever sinless Virgin,  
gate of heav'nly rest.  
Taking that sweet Ave, which from Gabriel came, peace confirm within us, changing Eve's name.  
Break the sinners' fetters, make our blindness day, Chase all evils from us, for all blessings pray.  
Show thyself a Mother, may the Word divine  
born for us thine Infant  
hear our prayers through thine.  
Virgin all excelling, mildest of the mild,  
free from guilt preserve us meek and undefiled.  
Keep our life all spotless, make our way secure  
till we find in Jesus,  
joy for evermore.  
Praise to God the Father, honor to the Son,  
in the Holy Spirit,  
be the glory one. Amen.