

Day 24

“Chosen soul, how will you bring this about? What steps will you take to reach the high level to which God is calling you? The means of holiness and salvation are known to everybody, since they are found in the Gospel; the masters of the spiritual life have explained them; the Saints have practiced them...These means are: sincere humility, unceasing prayer, complete self-denial, abandonment to Divine Providence, and obedience to the will of God.” (St. Louis De Montfort)

Meditation:

From True Devotion To the Blessed Virgin Mary, No. 152-164

This devotion is a smooth, short, perfect and sure way of attaining union with our Lord, in which Christian perfection consists. (a) This devotion is a smooth way. It is the path which Jesus Christ opened up in coming to us and in which there is no obstruction to prevent us reaching him. It is quite true that we can attain to divine union by other roads, but these involve many more crosses and exceptional setbacks and many difficulties that we cannot easily overcome. (b) This devotion is a short way to discover Jesus, either because it is a road we do not wander from, or because, as we have just said, we walk along this road with greater ease and joy, and consequently with greater speed. We advance more in a brief period of submission to Mary and dependence on her than in whole years of self-will and self-reliance. (c) This devotion is a perfect way to reach our Lord and be united to him, for Mary is the most perfect and the most holy of all creatures, and Jesus, who came to us in a perfect manner, chose no other road for his great and wonderful journey. The Most High, the Incomprehensible One, the Inaccessible One, He who is, deigned to come down to us poor earthly creatures who are nothing at all. How was this done? The Most High God came down to us in a perfect way through the humble Virgin Mary, without losing anything of his divinity or holiness. It is likewise through Mary that we poor creatures must ascend to almighty God in a perfect manner without having anything to fear. (d) This devotion to our Lady is a sure way to go to Jesus and to acquire holiness through union with him. The devotion which I teach is not new. Indeed it could not be condemned without overthrowing the foundations of Christianity. It is obvious then that this devotion is not new. If it is not commonly practiced, the reason is that it is too sublime to be appreciated and undertaken by everyone. This devotion is a safe means of going to Jesus Christ, because it is Mary's role to lead us safely to her Son. This devotion is a smooth, short, perfect and sure way of attaining union with our Lord, in which Christian perfection consists. (a) This devotion is a smooth way. It is the path which Jesus Christ opened up in coming to us and in which there is no obstruction to prevent us reaching him. It is quite true that we can attain to divine union by other roads, but these involve many more crosses and exceptional setbacks and many difficulties that we cannot easily overcome. (b) This devotion is a short way to discover Jesus, either because it is a road we do not wander from, or because, as we have just said, we walk along this road with greater ease and joy, and consequently with greater speed. We advance more in a brief period of submission to Mary and dependence on her than in whole years of self-will and self-reliance. (c) This devotion is a perfect way to reach our Lord and be united to him, for Mary is the most perfect and the most holy of all creatures, and Jesus, who came to us in a perfect manner, chose no other road for his

great and wonderful journey. The Most High, the Incomprehensible One, the Inaccessible One, He who is, deigned to come down to us poor earthly creatures who are nothing at all. How was this done? The Most High God came down to us in a perfect way through the humble Virgin Mary, without losing anything of his divinity or holiness. It is likewise through Mary that we poor creatures must ascend to almighty God in a perfect manner without having anything to fear.(d) This devotion to our Lady is a sure way to go to Jesus and to acquire holiness through union with him. The devotion which I teach is not new. Indeed it could not be condemned without overthrowing the foundations of Christianity. It is obvious then that this devotion is not new. If it is not commonly practiced, the reason is that it is too sublime to be appreciated and undertaken by everyone. This devotion is a safe means of going to Jesus Christ, because it is Mary's role to lead us safely to her Son.

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.

St. Louis De Montfort's Prayer to Mary

Hail Mary, beloved Daughter of the Eternal Father!
Hail Mary, admirable Mother of the Son!
Hail Mary, faithful spouse of the Holy Ghost!
Hail Mary, my dear Mother, my loving Mistress, my powerful sovereign!
Hail my joy, my glory, my heart and my soul!
Thou art all mine by mercy, and I am all thine by justice. But I am not yet sufficiently thine. I
now give myself wholly to thee without keeping anything back for myself or others. If thou still

seest in me anything which does not belong to thee, I beseech thee to take it and to make thyself the absolute Mistress of all that is mine. Destroy in me all that may be displeasing to God, root it up and bring it to nought;
place and cultivate in me everything that is pleasing to thee. May the light of thy faith dispel the darkness of my mind;
may thy profound humility take the place of my pride;
may thy sublime contemplation check the distractions of my wandering imagination;
may thy continuous sight of God fill my memory with His presence;
may the burning love of thy heart inflame the lukewarmness of mine;
may thy virtues take the place of my sins;
may thy merits be my only adornment in the sight of God and make up for all that is wanting in me. Finally, dearly beloved Mother, grant, if it be possible, that I may have no other spirit but thine to know Jesus and His divine will;
that I may have no other soul but thine to praise and glorify the Lord;
that I may have no other heart but thine to love God with a love as pure and ardent as thine I do not ask thee for visions, revelations, sensible devotion or spiritual pleasures. It is thy privilege to see God clearly;
it is thy privilege to enjoy heavenly bliss;
it is thy privilege to triumph gloriously in Heaven at the right hand of thy Son and to hold absolute sway over angels, men and demons;
it is thy privilege to dispose of all the gifts of God, just as thou willest. Such is, O heavenly Mary, the "best part," which the Lord has given thee and which shall never be taken away from thee-and this thought fills my heart with joy. As for my part here below, I wish for no other than that which was thine: to believe sincerely without spiritual pleasures;
to suffer joyfully without human consolation;
to die continually to myself without respite;
and to work zealously and unselfishly for thee until death as the humblest of thy servants. The only grace I beg thee to obtain for me is that every day and every moment of my life I may say:
Amen, so be it's all that thou didst do while on earth;
Amen, so be it's all that thou art now doing in Heaven;
Amen, so be it-to all that thou art doing in my soul, so that thou alone mayest fully glorify Jesus in me for time and eternity. Amen.

Pray the Rosary