



Feast of Mater Admirabilis 2021

Prayer - Reflection Guide



“But Mary kept all these things, pondering them in her heart.” (Luke 2:19)

A very short phrase, but one that contains a whole world of experiences and meanings.

Let us begin this time of prayer by having a moment of silence, aware of the loving presence of Mary, who accompanies us on our journey.

What is going on in our hearts at this moment?

(Let us spend some minutes getting in touch with the feelings, faces, experiences or concerns that are uppermost in our hearts. Afterwards, we can share with one or two words, without explaining the whole context.)

Let us now ask Mary what she was holding in her heart...

The song, “Hail Mary” (“Dios te salve, María”), is a beautiful reflection of her presence in our lives, and can help us to enter into conversation with her.

Song: [Ave María de María Jose Bravo](#)

A contemplative gaze

Taking a contemplative view, let us recall some moments of Mary’s life. Each one of these moments is part of “all the things” that Mary kept in her heart. It is not a question of going deeply into all of them, but of looking and feeling with her, and recognizing her closeness to us all.

Let us visit these scenes with our hearts, without any further explanation ...

- a) The Annunciation... Let us look at the trust that Mary had. What helped her to say yes from her heart?
- b) The birth of Jesus... and the mixture of joy, astonishment and uncertainty. A life that is born and is proclaimed in the midst of deprivation.
- c) The flight into Egypt... What must Mary have experienced? Think of the situation of so many migrants who flee in order to survive and to save their children from violence or poverty.
- d) Jesus lost in the Temple... We can contemplate the anguish of Mary and Joseph, as well as the anguish and uncertainty of so many families searching for their children who have disappeared, or those lost for various reasons.

- e) Everyday life, as Jesus was growing up... Let us look at his life, as it was unfolding.
- f) Cana... Let us listen to her words telling us to "Do whatever he tells you".
- g) The times of misunderstanding and of conflict in the family, when Jesus' relatives believed him to be out of his mind ...
- h) The way of the cross ...

Like Mary, we are also searching. We have questions and we want to take risks. The song "Chercher avec toi dans nos vies" ("Searching with you in our lives") is a plea for Mary to guide us along the way.

Song : [Chercher avec toi dans nos vies](#)



Let us bring the different situations of our world close to Mary, asking for her blessing, her tender presence, her encouragement. Also, her clarity and courage in standing with the little ones of this world.

We take some time to present our intentions ...

Let us end this prayer by reciting with Mary that song which speaks of God's justice:

My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant.

From now on all generations will call me blessed, for the Mighty One has done great things for me— holy is his name. His mercy extends to those who fear him, from generation to generation.

He has performed mighty deeds With his arm, he has scattered those who are proud in their inmost thoughts.

He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty.

He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors.

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