

## 7. LIVELY FAITH, Virgin Most Poor (Lk 2, 7)

**Lively** – Full of life and spirited

**Faith** – Total surrender to God, complete submission of one's whole being (body, intellect, will and soul)

**Contemplating Mary:** “She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. (Lk 2,7) Mary joyfully surrendered herself to the Lord on all occasions. No matter how bad situations were, Mary knew that God would turn them to good eventually. She encouraged everyone around her to trust in God's goodness.

**Imitating Mary:** Faith is a gift from God! To receive a gift, we must be in communion with the Giver. Choose to trust God and practice receiving His gifts with humble, open palms.

*Faith is the assurance of things hoped for, the conviction of things not seen.. without faith it is impossible to please God. (Heb 11, 1.6)*

**I will** strive to grow more God-centred by frequently repeating “Jesus, I trust in you’ and by remaining under Mary's mantle.

## 8. HEROIC PATIENCE, Most Patient (Jn 19, 25)

**Heroic** — Courageously facing every challenge,

knowing that God is Lord **Patience** — Quiet perseverance and peaceful waiting, as you abide in God's love and wait for Him to reveal His will.

**Contemplating Mary:** *Near the cross of Jesus stood his mother (Jn 19, 25)* Mary was patient with St Joseph who misunderstood her, with innkeepers who gave her no room, with the disciples who abandoned Jesus. She was never rude nor did she rush because she desired only what God desired and refused Him nothing. Her patience blossomed fully at the foot of the cross, where she truly became a martyr through patience in complete union with Christ.

**Imitating Mary:** Unite your sufferings with the sufferings of Our Lord and the sorrows of Our Lady. Pray for the gift of perseverance. Calming down, breathing deeply and constant prayer helps us become more patient.

*“In repentance and rest is your salvation, in silence and surrender is your strength” (Is 30, 15)*

**I will** remain silent when insulted and will look to the cross for strength.

## 9. ARDENT CHARITY, Most Merciful (Lk 1, 39-56)

**Ardent** – characterized by warmth of feeling or passion

**Charity** – the theological virtue by which we love God above all and all others for His sake.

**Contemplating Mary:** *Mary... stayed with Elizabeth for about three months (Lk 1, 39.56)* Every action that Mary performed was done out of love for the Lord. She knew *God has created for greater things: to love and to be loved.* She was loving and kind to everyone around. St Francis de Sales beautifully calls her ‘Queen of Love’.

**Imitating Mary:** Be like Mary. Live by love. Do the loving thing on every occasion. Love makes all things beautiful. When you receive communion, pray: “*Jesus, I love you. Fill me with your love.*” Carry this love to everyone around you as you *live in the present moment, filling it to the brim with love.*

*“Be strong. Do everything in love.(1 Cor 16, 13-14)*

**I will** strive to make my love fruitful in service (Tagore) by rendering a corporal or spiritual work of mercy.

## 10. UNIVERSAL MORTIFICATION, Virgin Most Sorrowful (Lk 2, 35)

**Universal** – All-encompassing, applicable everywhere, **Mortification** – Dying to oneself and one's own will.

**Contemplating Mary:** “*And a sword will pierce your soul too.” Lk 2, 35* Mary died to herself from the moment she said, “Let it be to me..” She continued to live for God alone. She did not let her passions or desires rule her, but submitted herself totally to God enduring all sufferings joyfully..

**Imitating Mary:** Mortify yourself in little daily events, such as getting up right away when the alarm goes off and not hitting the snooze button! Make sacrifices and offer them to God until you can say like Don Bosco, *every step, every word, every deed, for the Glory of God and salvation of souls.*

*If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. (1 Pet 4,14)*

**I will** pray often: *Passion of Christ, strengthen me, especially in times of trials.*



## TEN VIRTUES OF MOTHER MARY, Our Advocate of Grace & Model of Holiness

In his book, **True Devotion to Mary**, St Louis de Montfort states: “*True devotion to our Lady is holy, that is, it leads us to avoid sin and to imitate the virtues of Mary.*”

Here, we contemplate the principal virtues of the Blessed Virgin, an advocate of grace and a model of holiness that we may receive the grace to imitate them.



Mother Mary's 10 virtues found in Scripture are:

- Surpassing **Purity** - *Most Pure* (Lk 1, 27)
- Divine **Wisdom** - *Most Prudent* (Lk 2, 19)
- Profound **Humility** - *Most Humble* (Lk 1, 48)
- Angelic **Sweetness** - *Most Faithful* (Jn 2, 5)
- Constant **Prayer** - *Most Devout* (Acts 1, 14)
- Blind **Obedience** - *Most Obedient* (Lk 2, 24)
- Lively **Faith** - *Most Poor* (Lk 2, 7)
- Heroic **Patience** - *Most Patient* (Jn 19, 25)
- Ardent **Charity** - *Most Merciful* (Lk 1, 56)
- Universal **Mortification** - *Most Sorrowful* (Lk 2, 35)

## CHAPLET OF MARY'S TEN VIRTUES

Pray one **Our Father**, 10 **Hail Marys** and a **Glory be**

Pray the second part of the **Hail Mary** thus: *Holy Mary, Mother of God, Virgin Most Pure* (mentioning a different virtue for each Hail Mary), *pray for us sinners now and at the hour of our death. Amen*



**Let us pray:** *O God, You prepared the heart of the Virgin Mary to be a fitting home for Your Holy Spirit. By her prayers, may we become more worthy temples of Your glory. Through Christ Our Lord, Amen*

## 1. SURPASSING PURITY, Most Pure (Lk 1, 27-34)

**Surpassing** – Beyond what is typical in magnitude or degree, **Purity** – free from sin; oneness of heart and mind in seeking God.

**Contemplating Mary:** “*The virgin’s name was Mary.*” (Lk 1, 27) Mary was a virgin in her body, soul and heart. She could boldly ask: “*How can this be, since I am a virgin.*” (Lk 1, 34) Conceived Immaculate, she lived her life with unity of purpose, seeking only to love and honour God with all her heart, all her mind, and all her soul. She is honoured as ‘*Virgin of virgins*’ and ‘*Virgin Most Pure*’.

**Imitating Mary:** *How can a young person remain pure in heart? By guarding it with the Word of God.* (Ps 119,9-11) Think pure thoughts and we will live pure lives. Let’s value our virginity, treasure our innocence and sexual purity. With St. Dominic Savio let us repeat: ‘*Death, but not sin*’.

“... *get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.*” (Jam 1,22)

**I will** read the Bible for 10 minutes before going to bed and entrust the purity of my soul, body and mind to my Immaculate Mother.

## 2. DIVINE WISDOM, Most Prudent (Lk 2, 19, 51)

**Divine** – Proceeding from God **Wisdom** - Knowledge of what is true and right, and having good judgment.

**Contemplating Mary:** “*But Mary treasured up all these things and pondered them in her heart.*” (Lk 2, 19) Mary meditated on God’s Word. Guided by God’s wisdom, she knew when to speak and when to be silent; when to act and when to wait. She didn’t run to others first; but always consulted God first, that she may not spoil His beautiful work.

**Imitating Mary:** Pray for a discerning mind like Solomon (I Kgs 3) you will be able to decide with integrity and holiness (Is 11,3) and not be rash or imprudent. Jesus prayed: “*Father, Consecrate them in the truth, your word is truth*” (Jn 17,17)

*If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.* (Jam 1,5)

**I will** pray the rosary daily and have recourse to Mary, seat of Wisdom, in difficult decisions of life.

## 3. PROFOUND HUMILITY, Virgin Most Humble (Lk 1, 48)

**Profound** – Penetrating deeply, **Humility** – Free from pride and arrogance; lowliness of mind.

**Contemplating Mary:** “... *He has remembered me, his lowly servant! From now all peoples will call me happy.*” (Lk 1, 48) Full of grace and blessed among all, Mary remained completely humble. When angel Gabriel called her ‘Mother of God’, she immediately answered: “*Behold, I am the handmaid of the Lord*” (Lk 1, 38) She saw herself as God saw her: nothing more, nothing less.

**Imitating Mary:** Let us honestly recognize that we are full of pride. We want to be recognized, to be the center of attention. Let us see ourselves as God sees us! Accept compliments gracefully and quietly, and don’t be too embarrassed to have made mistakes in front of others.

“*I am among you as one who serves.*” (Lk 22, 27)

**I will** perform humble duties (sweeping floor/washing dish) like Mary and say ‘sorry’ when I hurt anyone.

## 4. ANGELIC SWEETNESS Virgin Most Faithful (Lk 1, 46 Jn 2, 3-5)

**Angelic** – like or befitting an angel

**Sweetness** – beloved, kind, gracious, precious.

**Contemplating Mary:** *His mother said to the servants, “Do whatever he tells you.”* (Jn 2, 5) With her gentle speech, lady-like movements, sweet voice, humble styles, Mary radiated joy and peace to all around her. She was a pleasure to be with.

**Imitating Mary:** Humbly kneeling at Mary’s feet, clasping her angelic hand, and gazing into her gentle eyes, let us beg her to change our passionate heart into her gentle meek heart: a heart, open to grace, always grateful, friendly, kind, happy and sensitive towards other’s needs—putting their needs before our own.

*Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything...* “(Phil 4, 5-6)

**I will** be gentle with the unruly. I will smile more tenderly and use ‘thank you’ and ‘please’ oftener in my conversations.



## 5. CONSTANT PRAYER

### Virgin Most Devout (Lk 1, 46-55; Acts 1, 14)

**Constant Prayer** is not praying in the chapel all day; it is simply loving God and others in every little act we perform. “*Prayer is not asking; it is putting oneself at God’s disposal and listening to him in the silence of the heart.*” Mother Teresa of Kolkata

**Contemplating Mary:** *Mary said: ‘My soul glorifies the Lord..’* (Lk 1,46) Mary’s entire life was a prayer. She lived constantly in God’s presence. She walked with God like Enoch (Gen 5,24) making every moment of her life a loving worship in spirit and truth.

**Imitating Mary:** Make time for silence. Welcome Jesus into your heart. In everything give Him thanks. “*How much he hopes that, in all the “contacts” and “chats” of each day, pride of place be given to the golden thread of prayer!* (Pope Francis WYD 2016) Ask His help to choose and carry out His Will and to know Him as a Loving Father.

*Pray constantly. Always give thanks.* (I Thes 5, 17-18)

**I will** live in God’s presence, repeating frequently the sweet name of ‘*Jesus and Mary*’ often (at least 100 times a day).

## 6. BLIND OBEDIENCE

### Virgin Most Obedient (Lk 1, 38; 2, 21-27)

**Blind** — Fully trusting in God’s plan for our lives, even when we don’t understand it fully, knowing that He is Truth itself. **Obedience**— Obeying His commands as given through the Church n Holy Spirit’s Inspirations.

**Contemplating Mary:** *Joseph and Mary took him to Jerusalem to present him to the Lord, as it is written in the Law of the Lord..* (Lk 2, 22-23) In every circumstance of her life, Mary confidently gave her *fiat* as at the Annunciation, Never did she rebel as the devil or as Eve did. She trusted God’s goodness and His plan. So it was easy for her to serve and obey God quickly.

**Imitating Mary:** Sin is rebelling against God’s law. It is disobedience. Believe in God’s personal love and like Mary, trust in His plan. And you will find it easy to ‘*do whatever He tells you*’. (Jn 2,5)

“.. *if you do what I command you.*” (Jn 15, 14)

**I will** make a particular examination of conscience on obedience, and make confession, if needed.