

SPIRITUALITY REPORT

JANUARY 2025

Pope Francis has declared 2025 to be a Jubilee year for the Catholic Church. At the first Mass of this year, Pope Francis invited us to “entrust this new year to Mary, the Mother of God,” with the hope that we might learn, “like her” to protect “the precious gift of life. Let us entrust to Mary this new Jubilee Year,” the Holy Father concluded. “Let us entrust to her our questions, our worries, our sufferings, our joys and all the concerns that we bear in our hearts. Let us entrust to her the whole world, so that hope may be reborn and peace may finally spring up for all the peoples of the earth.”

To help with the process of entrusting our questions, worries, sufferings, joys and all our concerns to Mary, below are useful and creative resources, along with a prayer.

(PLEASE, CLICK ON THE UNDERLINED RED TITLES FOR A LINK TO THE ARTICLES.)

THE HAIL MARY PRAYER AND DEVOTIONS TO MARY:

Wonderful list of books, devotions and a breakdown of the Hail Mary.
— By: St. Ignatius Province of the Oblates of the Virgin Mary

PRAYERS TO MARY RESOURCE:

A plethora of prayers to Mary, the Mother of God.
— By: Catholic.org

LOOKING TO MARY TO HELP QUELL OUR FEARS:

The fears of life can creep up at a moment's notice and what are we to do?
— By: Catholic Exchange and Fr. Edward Looney

THE IMPORTANCE OF DEVOTION TO MARY IN THE CATHOLIC FAITH:

By turning to Mary and seeking her intercession, we're able to experience the love and mercy of God in a deeper way. — By: Franciscan Foundation For The Holy Land

A PRAYER OF ENTRUSTMENT TO MARY — Denise (De) Yarrison

Most Blessed Mary, Mother of God, you are the Immaculate One, through whom shines the fullness of grace. Here, then, I stand, your daughter, seeking refuge in your motherly protection.

Today I entrust to you the future that awaits me, and I ask you to be with me as I go on my way. I wish to take you into my home, that I may learn from you and give my steady and perpetual YES to God.

Mary, I humbly seek your intercession with your beloved Son, that He may give me, in abundance, the Holy Spirit, the Spirit of Truth. May the Holy Spirit open my heart and help me grow in awareness of and sensitivity to His promptings, moving always toward freedom and peace.

My mother, I entrust to you my daily cares, the daily trials which life brings. Come to my aid and stand between me and my weakness. Be my strength. Lend me your purity and courage to resist the devil always

I commit my journey to you, that you will guide me ever closer to Christ. I pray that I will be strengthened in spirit, mind, and body to follow your example of total surrender to the Father's perfect Will. Amen.