



Meditation

In this week, St. Louis directs us to resolve to **know Jesus Christ**, by repeating throughout the day the prayer of St. Augustine: “*Lord Jesus, let me know You.*”

We also continue to follow the advice Saint Louis teaches in the section: “How to live the Consecration in Holy Communion.” (*Treatise of True Devotion* 266-273).

1. See “Consecration in Holy Communion” Prayers Pg. 132
2. Pray the **Litany of the Incarnate Word** (pg. 130). You could recite all of the invocations or eight per day. Conclude with the *Ave Maris Stella* [Hail, Star of the Sea].

Thirtieth Day

Treatise of True Devotion to the Virgin Mary [213-217]

Wonderful Effects of this Devotion

St. Louis invites us to consider that if we are faithful to the exterior and interior practices of devotion, it will produce wonderful fruits. We will look at five today and the rest over the next couple days.

1. Knowledge of our unworthiness

“By the light which the Holy Spirit will give you through Mary, his faithful spouse, you will perceive the evil inclinations of your fallen nature and how incapable you are of any good apart from that which God produces in you as Author of nature and of grace. As a consequence of this knowledge you will despise yourself and think of yourself as a snail that spoils everything with its slime, as a toad that poisons everything with its venom, as a malevolent serpent seeking only to deceive. Finally, the humble Virgin Mary will

share her humility with you so that, although you regard yourself with distaste and desire to be disregarded by others, you will not look down slightly upon anyone.”

2. A share in Mary’s faith

“Mary will share her faith with you. Her faith on earth was stronger than that of all the patriarchs, prophets, apostles, and saints. It is a lively faith animated by love enabling you to do everything from no other motive than that of pure love. It is a firm faith, unshakeable as a rock, prompting you to remain firm. Lastly, this faith will be your flaming torch, your very life with God, your secret fund of divine Wisdom, and an all-powerful weapon for you to enlighten those who sit in darkness and the shadow of death.”

3. Christian Maturity—the Gift of Pure Love

“The Mother of Beautiful Love will rid your heart of all scruples and inordinate servile fear. She will open and enlarge it to obey the commandments of her Son with the holy freedom of the children of God. You will cease to act as you did before, out of fear of the God who is love, but rather out of pure love. You will look upon him as a loving Father and endeavor to please him at all times. You will speak trustfully to him as a child does to its Father.”

4. Great confidence in God and in Mary

The Blessed Virgin will fill you with unbounded confidence in God and in herself:

Because you will no longer approach Jesus by yourself but always through Mary your loving Mother.

Since you have given her all your merits, graces and satisfactions to dispose of as she pleases, she imparts to you her own virtues and clothes you in her own merits. So you will be able to say confidently to God: “Behold Mary, your handmaid, be it done unto me according to your word.”

Since you have now given yourself completely to Mary, body and soul, she, who is generous to the generous, and more generous than even the kindest benefactor, will in return give herself to you in a marvelous but real manner.

5. Communication of the spirit of Mary

The soul of Mary will be communicated to you to glorify the Lord. Her spirit will take the place of yours to rejoice in God, her Savior, but only if you are faithful to the practices of this devotion. “When will that happy day come,” asks a saintly man of our own day whose life was completely wrapped up in Mary, “when God’s Mother is enthroned in men’s hearts as Queen, subjecting them to the dominion of her great and princely Son?”

When that time comes wonderful things will happen on earth. The Holy Spirit, finding her dear Spouse present again in souls, will come down into them with great power. He will fill them with his gifts, especially wisdom, by which they will produce wonders of grace.

St. Louis asks himself: My dear friend, when will that happy time come, that age of Mary? That day will dawn only when the devotion I teach is understood and put into practice.

“Lord, that your kingdom may come, may the reign of Mary come!”



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Thirty First Day

Treatise of True Devotion to the Virgin Mary [218-221]

Continuation of the Wonderful Effects of this Devotion

Sixth Effect: Transformation in Mary into the image of Jesus Christ

As Saint Louis explains very well, the purpose of this devotion is to unite us closely to Jesus. This is what Mary most desires, and she grants this immense grace to those who approach her as true devotees.

St. Louis points out that there are many people who seek this end, union with Jesus Christ. Many devout souls search for Jesus in one way or another, and so often when they have worked hard through the night, all they can say is, *We have worked all night and we have not caught anything* (Luke 5:2). To them we can say: *You have sown much, but you have harvested little* (Haggai 1:6). Jesus Christ can only be recognized faintly in you. “But if we follow the immaculate path of Mary, living the devotion that I teach, we will always work in daylight, we will work in a holy place, and we will work but little. There is no darkness in Mary, not even the slightest shadow since there was never any sin in her. She is a holy place, a holy of holies, in which *saints* are formed and molded.”

Montfort uses a very enlightening image to show us that through Mary we reach her Son Jesus.

“Listen carefully to what I say: **saints are molded in Mary**. There is a vast difference between carving a statue by blows

How to live the Consecration in Holy Communion.

Before communion (Sacramental or Spiritual Communion)

1. Place yourself humbly in the presence of God.
2. Renounce your corrupt nature and dispositions, no matter how good self-love make them appear to you.
3. Renew your consecration saying, *“I belong entirely to you, dear Mother, and all that I have is yours.”*
4. Implore Mary to lend you her heart so that you may receive her Son with her dispositions.

During Holy Communion

When you are about to receive our Lord, in honor of each person of the **Holy Trinity**, say **three times** the prayer, *“Lord, I am not worthy that you should enter under my roof but only say the word and my soul shall be healed.”*

1. Say it the first time as if you were telling the **eternal Father** that because of your evil thoughts and your ingratitude to such a good Father, you are unworthy to receive his only-begotten Son, but that here is Mary, his handmaid, who acts for you and whose presence gives you a special confidence and hope in him.
2. Say to **God the Son**, *“Lord I am not worthy,”* meaning that you are not worthy to receive him because of your useless and evil words and your carelessness in her service, but nevertheless you ask him to have pity on you because you are going to usher him into the house of his Mother and yours.

3. Say to the **Holy Spirit**, “*Lord I am not worthy.*” Tell him that you are not worthy to receive the masterpiece of his love because of your lukewarmness, wickedness and resistance to his inspirations. But nonetheless, you put all your confidence in Mary, his faithful Spouse.

Then you will approach to receive Holy Communion or, if you do not have the possibility of communicating sacramentally, you can make it spiritually with a formula like this:

“Lord, I believe you are really present in the Blessed Sacrament. I love you above all things and I wish you in my soul. Since now I cannot receive you sacramentally, come spiritually into my heart (brief pause in which you join Jesus). Having come to me, I embrace you and join with you; never allow me to be separated from you.”

After Holy Communion

Close your eyes and recollect yourself. Then usher Jesus into the heart of Mary: You are giving him to his Mother who will receive him with great love and give him the place of honor, adore him profoundly, show him perfect love, embrace him intimately in spirit and in truth, and perform many offices for him of which we, in our ignorance, would know nothing.

Or, maintain a profoundly humble heart in the presence of Jesus dwelling in Mary. Or be in attendance like a slave at the gate of the royal palace, where the King is speaking with the Queen. While they are talking to each other, with no need of you, go in spirit to heaven and to the whole world, and all upon all creatures to thank, adore and love Jesus and Mary for you, “*Come, let us adore.*”

Litany of the Incarnate Word

Blessed be the Word who was incarnate of the Virgin Mary

[repeated after each invocation]

Blessed be the Word, the Second Person of the Most Holy Trinity. **R.**

Blessed be the Word who existed from all eternity. **R.**

Blessed be the Word through whom all things were made. **R.**

Blessed be the Word made flesh who dwelt among us. **R.**

Blessed be the Incarnate Word who enlightens all people. **R.**

Blessed be the Incarnate Word who emptied Himself and took the form of a slave. **R.**

Blessed be the Incarnate Word who for nine months was formed in the womb of the Blessed Virgin Mary. **R.**

Blessed be the Incarnate Word who was born in a manger, circumcised, and offered in the Temple. **R.**

Blessed be the Incarnate Word who was baptized by John in the Jordan. **R.**

Blessed be the Incarnate Word who chose his disciples. **R.**

Blessed be the Incarnate Word who proclaimed the Beatitudes. **R.**

Blessed be the Incarnate Word who announced repentance. **R.**

Blessed be the Incarnate Word, poor, chaste and obedient, even unto death. **R.**

Blessed be the Incarnate Word, Priest, King and Prophet. **R.**

Blessed be the Incarnate Word, the Bread of Life for the world. **R.**

Blessed be the Incarnate Word, who obediently accepted even death, death on a cross. **R.**

Blessed be the Incarnate Word, man of sorrows. **R.**

Blessed be the Incarnate Word, meek and humble of heart. **R.**

Blessed be the Incarnate Word, who descended into hell. **R.**

Blessed be the Incarnate Word who rose again on the third day in accordance with the Scriptures. **R.**

Blessed be the Incarnate Word who ascended into heaven. **R.**

Blessed be the Incarnate Word who will come again. **R.**

Blessed be the Incarnate Word, the Eternal High Priest. **R.**
Blessed be the Incarnate Word, Head of all, in heaven and on earth. **R.**
Blessed be the Incarnate Word, present in every soul through grace. **R.**
Blessed be the Incarnate Word, under the appearance of bread and
wine. **R.**
Blessed be the Incarnate Word in the sword of the Spirit which is His
Word. **R.**
Blessed be the Incarnate Word in whom all things are restored. **R.**
Blessed be the Incarnate Word, the King of all peoples. **R.**
Blessed be the Incarnate Word, the sign of contradiction. **R.**
Blessed be the Incarnate Word, the dawn from on high. **R.**
Blessed be the Incarnate Word, the Lamb of God who takes away
the sins of the world. **R.**

Blessed be the Incarnate Word, the Way, the Truth, and the Life. **R.**
Blessed be the Incarnate Word, the Head of the Body, the Church. **R.**
Blessed be the Incarnate Word who sent the Holy Spirit. **R.**
Blessed be the Incarnate Word, who gave us the seven Sacraments. **R.**
Blessed be the Mother of the Incarnate Word, Mary, Most Holy. **R.**
Blessed be the Mother of the Incarnate Word, Co-redemptrix. **R.**
Blessed be the Incarnate Word, the Alpha and the Omega, the first
and the last, the beginning and the end. **R.**

Spirit who prays for us with inexpressible pleading.
Spirit who descended upon Jesus in the form of a dove.
Spirit by whom we receive new birth.
Spirit who fills hearts with charity.
Spirit of adoption of the sons of God.
Spirit who appeared over the Disciples in the form of tongues of fire.
Spirit with which the Apostles were filled.
Spirit who gives to each one according to His will.

Lamb of God who takes away the sins of the world,
spare us, O Lord.

Lamb of God who takes away the sins of the world,
graciously hear us, O Lord.

Lamb of God who takes away the sins of the world,
have mercy on us.

Ave Maris Stella

1. Hail, bright star of ocean,
God's own Mother blest,
Ever sinless Virgin,
Gate of heavenly rest.

2. Taking that sweet Ave
Which from Gabriel came,
Peace confirm within us,
Changing Eva's name.

3. Break the captives' fetters,
Light on blindness pour,
All our ills expelling,
Every bliss implore.

4. Show thyself a Mother;
May the Word Divine,
Born for us thy Infant,

Hear our prayers through
thine.

5. Virgin all excelling,
Mildest of the mild,
Freed from guilt, preserve us,
Pure and undefiled.

6. Keep our life all spotless,
Make our way secure,
Till we find in Jesus,
Joy forevermore.

7. Through the highest heaven
To the Almighty Three,
Father, Son and Spirit,
One same glory be. Amen.