

**PRAYING WITH  
JOHN BAPTIST DE LA SALLE**

**Brother José Luis Hermosilla**

**THE PRESENTATION OF MARY IN THE TEMPLE**

From the day that your parents, Joachim and Anne presented you to the Lord in the Temple, your heart, dear Lady, was entirely consecrated to Him. You recognized that your entire being belonged wholly to him.

Mary, you are the Tabernacle and Temple of God on earth, which the Lord himself built and beautified with his hands.

I beg you, Mother, to remove evil from me. Grant me the purity of soul which pleases God and which is necessary for me to be able to serve him as he deserves.

*(Meditation 156)*

**THE LORD HAS DONE MARVELS FOR ME  
THE ANNUNCIATION:**

Lord, you predestined Mary, from all time, to me the Mother of your Son.

I recognize along with the entire Church the honor you received as you saw yourself become the MOTHER OF GOD. It was your FAITH which made this possible.

You, Mary, being Mother of all that has been created, by your "YES" you make yourself his humble servant.

Most holy Virgin Mary, may God grant me the grace so that I might be always inclined to receive his Word in order to proclaim it fruitfully to others.

*(Meditation 112)*

**THE VISITATION:**

My soul is filled with wonder, as I contemplate the alacrity with which you set out on the road to visit your cousin Elizabeth. Nothing stopped you from doing it, in spite of the difficulties you encountered.

Your presence alone was enough so that Elizabeth, feeling herself filled with the Holy Spirit, would prophecy in the name of God.

You, dear Lady, are the "Channel" through which spiritual goods reach us which God wishes to communicate to mankind.

Mary, help me, so that when by prayer and communion I am visited by God, his grace may not be made barren in me.

**MARY'S HUMILITY AT THE PURIFICATION**

What great humility you showed, Mary, as you presented yourself in the Temple with Jesus, in order to fulfill the law of purification. You offered your Son like other women, you, who by your virginal Conception, are above all other women and remained exempt.

Mary, carrying in your womb the Messiah, you became his "lively heaven".

**5. A MOTHER'S LOVING PRESENCE**

**DAWN OF THE MORNING IN WHICH THE  
IMMACULATE CONCEPTION IS ANNOUNCED**

Thanks be given to God the Father for the marvels he has worked in Mary at the moment of her immaculate conception.

Mary:  
-you are the masterwork that has come from the hands of God;  
-your soul, completely beautiful, was always filled with Him;  
-no one has been able to surpass you in purity of body and soul.

By your Immaculate Conception, wrought by God, may my soul be free of sin.

*(Meditation 82)*

**GLORIOUS BIRTH:**

The Church is full of rejoicing as she celebrates the feast of your glorious birth.

My wonderment is great upon seeing the large number of graces and virtues with which the Most High has adorned you from the first moment of your life.

What a happy day for you, Mary, and for us who from now on will find in you also a universal Refuge.

Mary, from now on, I recognize you as my kind Mother.

*(Meditation 151)*

**THE SWEET NAME OF MARY**

Your Name, Mary, is thought-provoking and beautiful: you are the "Star of the Sea" who guides and directs our lives.

How sweet and beneficial it is for us, your children, to invoke your name, for the needs of each day. You deserve our veneration before that of any other saint.

Grant us that your holy name might be recalled and invoked by us throughout our entire lives.

Mary, you are our firmest hope after that of God.

*(Meditation 164)*

With your participation in the life of your Son,  
you gave rise to the salvation of the world.

Dear Lady, may I not cease to take advantage of the fruits  
that I can obtain from God  
when I place myself  
under your powerful aid and protection.

*(Meditation 82)*

#### EXALTATION OF MARY IN HEAVEN:

Mary, our Lady,  
you now find yourself exalted in heaven,  
above the angels and saints  
and venerated by them as their Queen and Sovereign.

By your glorious exaltation  
God made manifest to the world  
your singular kindness as he rewarded your virtue  
with singular favor.  
No one received such an amount of gifts as you;  
the plenitude of all good has been placed in no one  
but you.

If you have received such a collection of graces  
it was to make mankind a participant in them,  
humankind which seeks your help and protection.

By your favor, Lady and Mother, may I be free of whatever  
may tie me to earthly things.  
The day on which I leave this world  
intercede for me before your Son, Jesus. SO BE IT.

*(Meditation 156)*

#### MARY, STAR AND PATH

We place ourselves under your help and protection  
O Blessed Virgin Mary,  
our Queen and Mother!  
We fix our eyes on you  
and we raise our shouts to you.

The name of Mary with which you have been honored  
suits you very well,  
since it is the equivalent of "STAR OF THE SEA"  
which lights, guides and directs  
all those who seek  
your powerful help  
to a good port.

Mary, our good Mother,  
we call upon you today as STAR and PATH.

STAR

Because you gave us Jesus,  
the light of the world,  
You are, Mary, the clear and radiant morning Star  
as the Church invokes your name.  
You are the radiant Star because of your virtues  
and brilliant because of your example.

Mary, the road that we have to travel in this life  
is not exempt from difficulties, as you well know.  
We ask you that, enlightened by you,  
we might be free of the dangers  
which threaten us unceasingly  
and may God be our possession in heaven.

We throw ourselves into your hands, O Mary  
like the child who rests with confidence  
in the arms of its mother.

If we follow your Star,  
it is not possible that we will lose our way.  
If we think about you,  
we shall not wander from the straight path of your Son.  
Calling upon your name,  
we will arrive at a good end.

You are our protection and our help;  
relief in our burdens.  
We call upon you with this sweet Name of STAR,  
you, whom God was pleased to fill with grace  
and whom we call  
"Blessed among all women".

*(Meditation 164)*

#### DE LA SALLE'S CANTICLE TO MARY

Mary, you are the most fortunate woman;  
in you the prophecy of Isaiah was fulfilled:  
(A Virgin will conceive and bear a son,  
and he will be called Emmanuel, "God-with-us").

Mary, you are the purest of virgins  
and the most fruitful of mothers:  
therefore "all generations  
will call you blessed and happy".

As a son of such a Mother  
I am overflowing with joy  
and I congratulate you with all my heart,  
Holy Mother of God.

Mary, no one but you,  
is deserving of the titles of QUEEN and LADY,  
since because of you, incomparable Virgin,  
the God of love and mercy  
came to us in order to save us.

I love you and I praise you, Mary,  
and I place myself under your protection and favor,  
as Jesus your Son, who, being God,  
willingly subjected himself to your commands in this world.

Mary, we call upon your name each day  
since you are our Mother,  
Advocate and Mediatrix in the presence of your Son Jesus.

You love us and you have great power in the presence of  
God,  
more than any of the saints  
who dwell in heaven.  
Most Holy Virgin, Mother of God and our Mother:  
you are the most holy and perfect woman,  
the most exalted above all creatures.  
We come to you with profound humility.

We confidently trust  
that you will obtain from God  
that which we, as faithful children, ask you.

Most Holy Virgin Mary, most worthy mother of God and  
our Mother;  
you love us and desire our good.  
As our advocate and mediatrix  
we direct ourselves to you, in whom we place, after God,  
our trust.

With your help we will obtain  
our desires to do good which dwell in our heart,  
and which will become a happy reality.  
This is what we hope for from you, O sweet Virgin Mary!

*(Extracts from the Explanation of the Method  
of making Mental Prayer) •*