

33 Days to
Morning Glory

Retreat
Journal

Welcome to the 33 Days to Morning Glory Retreat!

We are so glad you decided to join us.

How to Use this Retreat Journal

1. Read the daily sections of the retreat book, *33 Days to Morning Glory*, before returning to this journal.
2. Read and answer the reflection questions for each week in the space provided.
3. Bring your journal to small group each week for prayer and discussion of the reflection questions.

May the Lord bless you and
Mary guide you on this journey!

Opening Prayer

Breathe in me, O Holy Spirit,
that my thoughts may all be holy.

Act in me, O Holy Spirit,
that my work, too, may be holy.

Draw my heart, O Holy Spirit,
that I love but what is holy.

Strengthen me, O Holy Spirit,
to defend all that is holy.

Guard me, then, O Holy Spirit,
that I always may be holy.

Come, Holy Spirit, and be with us. We wish to contemplate the mysteries of Jesus and Mary in our lives as we prepare to make a total consecration of ourselves to Jesus through Mary.

Our Father...

Hail Mary...

Glory Be...

Introduction
PRE-RETREAT QUESTIONS

1. Recall a special need in your life that you entrusted to the intercession of Mary or a favorite saint. (This is often known as a "special intention.") Maybe you prayed a novena for it. Maybe the intention moved you to ask for help, for a blessing, or for an answer. What prayer or novena did you pray? What did you hope for? Was it for an answer? Were you answered in a way that surprised you? Consoled you? Was there a new insight from that prayer?

2. Read Luke 2:19, 51. Like Mary have you ever pondered something that happened to you or someone else? What was it? Did you ask yourself why it happened to you? Was it a positive experience?

Introduction
VIDEO NOTES

How the Retreat Works:

1. Read = Read the brief section for each day.
2. Ponder = Ponder and reflect on the day's reading
3. Meet = Meet to discuss what you've pondered all week.

Introduction to Marian Consecration

A. The Goal

B. Three Big Ideas Summarized

C. Three Stages

D. Summary of Marian Consecration

Introduction
CLOSING PRAYER

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope!

To thee do we cry, poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears!
Turn, then, O most gracious Advocate,
thine eyes of mercy toward us,
and after this, our exile,
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Week 1 – St. Louis de Montfort
REFLECTION QUESTIONS

1. Saint Louis died at age 43, only 16 years after being ordained a priest. In today's world, that may seem like a long time. What circumstances, employments, or relationships have lasted that long, or longer, in your life? (For example: marriage, parenthood, job, parish membership, a ministry.) What benefits do you count because of those years? Were there any difficulties in continuing for that period of time? What would you say to those who might want to imitate you in being faithful to any of those commitments for that number of years?

2. Part of Marian consecration involves entrusting ourselves totally to Mary so she can bring us to Jesus. And she does so in union with her spouse, the Holy Spirit, in the best way possible. For her to bring us to Jesus, though, we need to let go of always trying to do everything ourselves and from thinking that everything depends on us. Take your best guess at the following questions: What is the first thing that I need to become detached from? Will it be difficult to become detached from it? Will it take time?

3. Mary loves to give the gifts of Jesus to others. Read the story of the wedding feast of Cana in John's Gospel, chapter 2. List all the merciful gifts of Mary recorded in that story (there are many, not the least of which is the wine). Pretend you are the bridegroom or the bride. What would you say to Mary after the miracle is made known to you?

Week 1 – St. Louis de Montfort
VIDEO NOTES

Two Key Points

1. Effects of Marian Consecration

a) Mary's generosity

b) Mary augments our giving

c) Mary takes better care

d) Mary wants us to continue to pray for our loved ones

2. Crosses Made Sweet

Week 1 – St. Louis de Montfort
CLOSING PRAYER—The Angelus

V. The Angel of the Lord declared to Mary:
R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

V. Behold the handmaid of the Lord:
R. Be it done unto me according to Thy word.

Hail Mary . . .

V. And the Word was made Flesh:
R. And dwelt among us.

Hail Mary . . .

V. Pray for us, O Holy Mother of God,
R. that we may be made worthy of the promises of Christ.

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

Week 2 – St. Maximilian Kolbe
REFLECTION QUESTIONS

1. Purity of Intention: "A person practices purity of intention when he directs his thoughts, words, and action not to himself or another creature but to a divine purpose or mission, and ultimately to God." Such an attitude of the heart avoids doing things for selfish reasons and instead tries to do all things out of love for God and for his glory. Can you give an example from your life of a situation in which you believe you acted with purity of intention? What do you need from God (through Mary) to make this a regular virtue in your life?

2. Saint Maximilian's most important reflection on the mystery of the Immaculate Conception comes in a sudden burst of insight just two hours before his arrest by the Nazis. Have you ever experienced a sudden or surprising understanding about a relationship with a person or a lifelong question? Was it after or during prayer? How did it change you or the situation?

3. Mary is often invoked as "Mediatrice of Grace." In other words, through her fervent prayers, which are inspired by her motherly love for us, God is pleased to give us so many graces. It didn't have to be this way, but it was God's good pleasure to give us a spiritual mother through whose hands we receive grace. Mary's motherly care for us in the order of grace is depicted in the Miraculous Medal shown first to St. Catherine Labouré, where rays of grace flow to the world through her hands. Which graces do you desire to come from her hands to you, to your family and friends, to your country?

Week 2 – St. Maximilian Kolbe
VIDEO NOTES

Three Key Points

1. Kolbe's Incredible Zeal

2. Mary's Relationship with the Holy Spirit

3. Kolbe's Tender Love for Mary

Week 2 – St. Maximilian Kolbe
CLOSING PRAYER - Sub Tuum Praesidium

We fly to your patronage,
O Holy Mother of God,
Despise not our petitions in our necessities,
But deliver us from all danger,
O ever glorious and blessed Virgin. Amen.

Week 3 – Mother Teresa
REFLECTION QUESTIONS

1. Praying to Mary with Mother Teresa's words, "Keep me in your most pure heart," focuses you on being set apart for love through Mary. Your mission becomes loving with Mary's Heart, being set apart for her, for pleasing Jesus through her. What obstacles do you perceive in your inner life that would prevent you from earnestly praying for this? How do you think Mary will overcome these obstacles for you?

2. Are you practicing the daily examen (found in endnote n. 73 on pages 187-189 of 33 Days to Morning Glory)? Are you dwelling on daily blessings instead of daily annoyances, daily opportunities instead of daily difficulties? What do you perceive as interferences with the regular practice of the daily examen in your life? How can you incorporate it into your bedtime regimen?

Week 3 – Mother Teresa
VIDEO NOTES

A. "I Thirst" Letter

1. Key to Prayer

2. Face to Face with the Love of Jesus Crucified

3. Divine Mercy

B. Intimacy with Mary

Listen to Jesus' Thirst and Respond

Week 3 – Mother Teresa
CLOSING PRAYER – Memorare

Remember, O most gracious Virgin Mary,
that never was it known,
that anyone who fled to thy protection,
implored thy help, or sought thy intercession,
was left unaided.
Inspired by this confidence, I fly unto thee,
O Virgin of virgins, my Mother.
To thee do I come, before thee I stand,
sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me. Amen.

Mother Teresa prayed this prayer with great confidence in Mary's powerful intercession, and she was never let down: "Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided." Of course, Mary doesn't always help us exactly in the way we expect, but she always comes to our aid when we call upon her. This week, as we pray the Memorare prayer, let's bring to Mary all of our needs and trust in her powerful intercession just like so many saints did.

Week 4 – St. John Paul II
REFLECTION QUESTIONS

1. The first apparition at Fatima and the shooting of Pope John Paul II in St. Peter's Square both occurred on May 13th at 5 p.m. John Paul II did not consider this a coincidence. What is a coincidence anyway? Have you experienced any coincidences in your life? Do you believe, as John Paul II did, that "in the designs of Providence, there are no mere coincidences"? If so, what do you believe God is saying through such "God- incidences" in your life? If not, what explanation do you give to others of the two instances being similar in time, circumstances, or outcome?

2. Christ appeared to his disciples after his Resurrection, and he most certainly appeared to his Mother as well. He explained the Scriptures to the disciples on the way to Emmaus, broke bread with them, and promised the Holy Spirit to remind the Apostles of all that he taught them. What personal message might he have had for his Mother in his unrecorded appearances to her, particularly about her role in his Church? Place yourself there with Jesus and Mary.

3. Where does Jesus ask us to take Mary in? You live in a physical house that has certain characteristics. You have an inner "house" of heart and soul and prayer. And you have family relationships that are a sort of "house" in which you live. How will Mary enter more deeply into these houses through your upcoming consecration? By your consecration, you're inviting her to move into all those places.

Week 4 – St. John Paul II
VIDEO NOTES

A. The Story Starts in Poland

1. In 1683: Poland Rescues Vienna

2. In 1920: Miracle on the Vistula

3. In 1989: The Fall of Communism

B. The Message of Divine Mercy

1. Dives in Misericordia (Rich in Mercy)

2. St. Faustina and the message of Divine Mercy

C. It Gets Even Better with Mary - Our Lady of Fatima

Week 4 – St. John Paul II

CLOSING PRAYER - The Magnificat (Luke 1:46-55)

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
The Almighty has done great things for me, and
holy is his Name.
He has mercy on those who fear him in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things, and the
rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

As we draw closer to Consecration Day, our hearts begin to fill with praise and thanks to God for the great gift of his mercy that is Marian consecration. For three weeks, we've been pondering the powerful Marian teaching of Marian saints, and God has been doing great things for us. By reciting the Magnificat this week, we become even more united with Mary who, with us, is rejoicing at the approach of the beginning of a glorious new morning in our relationship with her.

Final 5 Days

THREE REFLECTION WORDS

During these five final days, there will be no new questions. Instead, you'll have an opportunity to reflect on the three words that summarize the teaching of each of our four Marian giants: St. Louis, St. Maximilian, Mother Teresa, and St. John Paul II. Then, on the final day, you'll have the chance to reflect on the words of the prayer you will use in making your consecration. (See the corresponding pages in 33 Days to Morning Glory.) Space is provided to record your thoughts and prayers and the fruits of your pondering, and yes, even your final few questions, if you have any.

Prayer for the First Four Days: The "Three Words" Rosary

To help you ponder the three words for each saint, you might want to try meditating on each of the three words as a decade of the Rosary.

Here's how it works:

1. Say the Word – for instance, the first word for St. Louis de Montfort is "Passion."
2. Then pray: Our Father Hail Mary (10x) Glory Be O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy.
3. Say the next word, etc.

[Note: While saying the Hail Marys, meditate on how the word summarizes the teaching of the given saint or blessed. Also, you don't have to limit the meditation to just one decade for each word. You could do an entire "Rosary" just meditating on one word.]

Final 5 Days

St. Louis de Montfort
Words to Ponder:

1. Passion

2. Baptism

3. Gift

Final 5 Days

St. Maximilian Kolbe
Words to Ponder:

1. Mystery

2. Militia

3. Love

Final 5 Days

Mother Teresa
Words to Ponder:

1. Thirst

2. Heart

3. Covenant

Final 5 Days

St. John Paul II
Words to Ponder:

1. Mother

2. Entrust-ment

3. Mercy

Final 5 Days
REFLECTION QUESTIONS

1. You pondered three "summary words" on the first four days and then the words of the consecration prayer on the last day. Which word or words were the most meaningful to you and why?

2. Share your experience of the Consecration Day.

Final 5 Days

CLOSING PRAYER – Ave Maris Stella

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

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

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

Show thyself a Mother;
May the Word Divine,
Born for us thy Infant,
Hear our prayers through thine.

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

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

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

