



MAY DEVOTION 2026



MARY OUR HELP

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DAY 1

Friday, May 1, 2026

Feast of Saint Joseph the Worker

Mary, Joyful Beginning

Scripture

*Hail, full of grace, the Lord is with thee:
blessed art thou among women.*

Luke 1:28

Reflection

The month of May is here. For centuries, the Church has crowned this month with the name of Mary. In gardens across the world, the most beautiful flowers of spring bloom in her honor. In homes and parishes, statues are crowned, candles are lit, rosaries are prayed. The faithful enter May

with a single posture of heart: they belong to her, and they want to remember it.

Today we open this month. And we open it not with something grand or complicated, but with a single phrase that changed everything.

“Hail, full of grace, the Lord is with thee.”

Those were Gabriel’s first words to a young woman in Nazareth. In that moment, the centuries of waiting reached their turning point. The prophets had spoken. The psalms had sung. Israel had cried for the Messiah from exile, from oppression, from the long silence of the Old Covenant. And now, in a small room in a small town in a small province of the Roman Empire, an angel stood before a virgin and greeted her.

But notice the greeting. Gabriel did not say, “Hello, Mary.” He said, “Hail, full of grace.” That is not a name. That is a title. Mary was already full

of grace before she said yes. God had prepared her from her very conception. He had fashioned her to be the vessel of his Son. He had planned her immaculate heart before the foundation of the world.

This is why we call her the Joyful Beginning. She is the first note of the new creation. She is the opening line of the Gospel. Every story of redemption in every heart begins with her, because God begins with her. And today, on the first of May, we are invited into that same beginning.

Today is also the feast of Saint Joseph the Worker. It is no accident that the month of Mary opens with Mary's husband. Joseph shows us something important: to belong to Mary is to belong also to the one who loved her and labored beside her. Joseph sheltered her. He fed her child. He was silent in scripture, but his love was loud. He

teaches us that love for Mary leads always to quiet, faithful work for the Lord.

Brother, sister, you are not beginning this month alone. Joseph stands beside you. Mary goes before you. And the Lord who filled her with grace is ready to fill you too.

What do you bring into this month? Perhaps you bring weariness. Perhaps you bring a burden that has followed you for years. Perhaps you bring joy and gratitude, or perhaps only the faint hope that something might change. Whatever you carry, bring it to Mary today. She has room for it.

The scripture says the Lord is with her. If the Lord is with her, and you are with her, then the Lord is with you.

Thirty-one days lie ahead. Thirty-one opportunities to grow in devotion. Thirty-one times you will hear her voice saying, “Do whatever he tells you.”

Let this be the month where the joyful beginning of grace becomes a joyful beginning in your own life. Let the first of May be the first day of a new season of your soul.

Enter today with expectation. A mother is waiting for you.

Intention

For all workers, through the intercession of Saint Joseph, and for every soul beginning this month of Mary under her mantle.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that today, the Lord begins a new work in me.
- 2.** I receive the joy of Mary's fiat into my heart.

- 3.** I reject every spirit of heaviness that tries to weigh me down this month.
 - 4.** I step into the month of May under the mantle of my Mother.
 - 5.** I declare that I am full of grace because I am in Christ, the One Mary carried.
 - 6.** I consecrate these thirty-one days to Jesus through the hands of Mary.
 - 7.** I reject discouragement, fear, and the lie that nothing can change in my life.
 - 8.** I receive a fresh anointing of the Holy Spirit who overshadowed Mary.
 - 9.** I walk today in joy, expectation, and holy confidence.
 - 10.** I declare that this month of Mary will bear fruit in my life, in Jesus' name. Amen.
-

Closing Prayer

*Mary, Joyful Beginning, open this month for me.
Walk with me for these thirty-one days. Lead me
always to your Son. Saint Joseph, pray for us.
Amen.*

Say the Holy Rosary

The Holy Rosary is the perfect prayer to enter this month of Mary. Take up your Rosary today and pray at least one decade.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Join Tomorrow's Tournament

Handmaid of the Lord • Saturday, May 2

Theme: The Annunciation and the Magnificat.

Catholics from every continent will be playing.

Rise to the top of the global leaderboard and

become a champion of the first tournament of the Month of Mary 2026.

How to Prepare

Before the tournament, read and pray through these passages. They are the heart of tomorrow's questions:

- Luke 1:26-56: the Annunciation, the Visitation, and the Magnificat
- Matthew 1:18-25: the angel's message to Joseph
- Isaiah 7:14: the virgin shall conceive
- Genesis 3:15: the first promise of the woman and her seed
- 1 Samuel 2:1-10: Hannah's song, the Old Testament pattern for the Magnificat

Pay special attention to Gabriel's words to Mary, Mary's reply, Elizabeth's greeting, and the verses

of the Magnificat. Ask the Holy Spirit to bring these passages alive as you read.

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Or check Mary Our Help App

Share This Devotional

Someone you love needs this devotional today.

Forward it on WhatsApp, send it to a friend, share it in your prayer group.

“Freely you have received, freely give.”

(Matthew 10:8)

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DAY 2

Saturday, May 2, 2026

Daughter of Zion

Scripture

Sing, O daughter of Sion: shout, O Israel: be glad, and rejoice with all thy heart, O daughter of Jerusalem. The Lord thy God in the midst of thee is mighty, he will save.

Zephaniah 3:14, 17

Reflection

There is a name that the Old Testament gives to the faithful people of God. That name is Daughter of Zion. For centuries before Mary was born, the prophets spoke to Daughter of Zion as if she were one person. They called her to repent. They called

her to rejoice. They called her to wait for the coming of her Lord. They spoke of her as a bride, as a city, as a woman watching the horizon for her God.

And then one morning in Nazareth, that entire history of longing took flesh in a single teenage girl.

When Gabriel came to Mary, he did not simply visit a private citizen. He came to the one in whom all of Israel's hope was now gathered. Mary stood as Daughter of Zion, the living summary of every prophet and every psalm. When she said yes, it was not only her personal yes. It was the yes of every faithful heart from Abraham to Zechariah. It was Israel herself, at last saying the word she had been prepared to say for two thousand years.

Listen to Zephaniah again. "Sing, O daughter of Sion. The Lord thy God in the midst of thee is

mighty.” In the original Hebrew, that last phrase can be read literally. In the midst of thee. The Lord is not simply near you, Daughter of Zion. He is inside you. The prophet, centuries before Bethlehem, already saw what would happen in Mary’s womb.

This is the staggering truth of today. Mary is not a private saint. She is the summary of a whole people. And because she is Daughter of Zion, every one of us who is grafted into the people of God is grafted into her story. Saint Paul tells us in Romans 11 that we who come from the nations are like wild branches joined to the cultivated olive tree of Israel. That tree bears Mary as its flower. When we belong to Christ, we belong to her history. Her song becomes our song.

What does this mean for you today? It means you are not alone in your waiting. Every time you have

cried out to the Lord, every time you have wondered if your prayers matter, every time you have felt like a small person in a forgotten corner of the world, you have been doing what Daughter of Zion has always done. You have been waiting for the God who is mighty to come and save.

And he does come. He comes not only in the great moments but in the ordinary mornings. He comes in the quiet interior places where no one sees. He comes the way he came to Mary, with a greeting, with a promise, with a fullness of grace that prepares you long before you know it.

Today, let your heart be Daughter of Zion. Let your soul stand ready like she stood ready. Whatever you are waiting for, wait with her. The Lord who was mighty in her is mighty in you.

Sing, O daughter of Sion. He is in the midst of thee.

Intention

For the people of Nigeria, for the Church across Africa, and for every Daughter of Zion around the world still waiting for the Lord to speak.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that I am a Daughter of Zion, and the Lord my God is in the midst of me.
- 2.** I receive today the strength and joy of every faithful heart that came before me.
- 3.** I reject the spirit of isolation and the lie that I am forgotten by God.
- 4.** I declare that my waiting is not wasted. The Lord is preparing me as He prepared Mary.
- 5.** I receive a new song in my mouth today, a song of the Daughter of Zion.

6. I reject discouragement, bitterness, and the weight of unanswered prayers.
 7. I declare that my prayers are rising before the throne of God.
 8. I step into this day under the mantle of the Queen of Israel.
 9. I receive grace to stand in my generation as Mary stood in hers.
 10. I declare that the God who is mighty will save me and every soul He has given to me, in Jesus' name. Amen.
-

Closing Prayer

Mary, Daughter of Zion, teach me to wait as you waited. Let my heart sing the song of your people. Lead me to the Lord who is mighty in the midst of His own. Amen.

Say the Holy Rosary

The Rosary is the song of Zion for our generation. Pray at least one decade today and unite your voice to Mary's.

PRAY WITH THE MARY OUR HELP ROSARY APP

Share This Devotional

Mary is the Daughter of Zion who waited for the world. Do not wait alone. Share this devotional with someone who is waiting today. Send it on WhatsApp. Send it to a prayer group. Send it to a family member who needs hope.

“Iron sharpeneth iron, so a man sharpeneth the countenance of his friend.” (Proverbs 27:17)

DAY 3

Sunday, May 3, 2026

Fifth Sunday of Easter

Mary Immaculate

Scripture

I will put enmities between thee and the woman, and thy seed and her seed: she shall crush thy head, and thou shalt lie in wait for her heel.

Genesis 3:15

Reflection

Before there was a single page of the Bible, before Abraham heard his call, before Moses saw the burning bush, before David was anointed, God already had Mary in mind. This is the meaning of Genesis 3:15. In the very chapter where sin enters

the world, God speaks a promise. And the promise is about a woman. Not a man. A woman. A woman who would stand against the serpent, whose heel would crush his head.

The Church has always read that woman as Mary. She is the promise made at the edge of Eden. And if she is the promise, then something had to be true about her: she had to be untouched by the very evil she would crush.

This is what the Church means when she calls Mary Immaculate. It is not a medieval invention. It is not a piece of sentimental piety. It is the logical answer to the question Genesis itself raises. If Mary is the woman who stands against the serpent, then the serpent can have no claim on her. If the enemy has never owned her, then she was, from the first moment of her life, full of grace.

Today is the Fifth Sunday of Easter. We are in the season of the resurrection, the season when sin and death have been defeated. And today we contemplate the first victory, the victory that prepared the final victory. Before Christ rose, his Mother was already triumphant. God's grace protected her from the fall so that she could carry the one who would lift us all up.

Why does this matter for you today? Because Mary Immaculate is a sign for the whole Church. What grace did for her from the first instant, grace is doing for you now. You are not left in the old creation. You have been born again in baptism. The blood of Jesus has reached into your soul and cleansed what sin had touched. You may still feel the pull of old habits. You may still carry wounds. But a work has begun in you that no power of hell can stop.

Look at Mary today and see your destiny. What she received at conception, you receive by grace. She was preserved from the stain of sin. You are being delivered from its grip, day by day, prayer by prayer, sacrament by sacrament. She is the first fruits of the new creation. You are part of the harvest.

There is an old Catholic saying: *de Maria nunquam satis*. Of Mary, never enough. You cannot praise her beyond her dignity, because her dignity comes entirely from God. The more we honor the Immaculate One, the more we honor the Lord who chose her and prepared her.

Run to her today. She is the one the serpent fears. She is the Mother the Father prepared before the world began. She is your Mother, and she is Immaculate.

Intention

For purity of heart in every believer, for the grace of a holy life, and for every soul who struggles with sin today.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary Immaculate is my Mother, and through her I belong to Christ.
- 2.** I receive the grace of the new creation into my life today.
- 3.** I reject every claim the serpent has ever made over me, in the name of Jesus.
- 4.** I declare that the blood of Jesus has cleansed me and is cleansing me still.
- 5.** I receive a spirit of purity in my thoughts, my eyes, and my heart.

6. I reject shame, guilt, and every lie that says I am beyond God's mercy.
 7. I declare that what grace did for Mary from her conception, grace is doing for me now.
 8. I step under the mantle of the Immaculate One and bind myself to her victory.
 9. I receive freedom from every habit of sin that has held me captive.
 10. I declare that the enemy has no place in me, because Christ has all of me, in Jesus' name.
- Amen.
-

Closing Prayer

Mary Immaculate, Mother of my new life, crush the head of every enemy in my soul. Let me live today in the freedom of the redeemed. Amen.

Say the Holy Rosary

The Rosary unites you to the Immaculate Heart of Mary. Pray today especially for the grace of purity in your own heart.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Someone in your life is fighting a hidden battle today. Send them this devotional. Let Mary Immaculate reach them through you.

“Bear ye one another’s burdens: and so you shall fulfil the law of Christ.” (Galatians 6:2)

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DAY 4

Monday, May 4, 2026

Mary of the Annunciation

Scripture

*And the angel being come in, said unto her:
Hail, full of grace, the Lord is with thee:
blessed art thou among women... And Mary
said: Behold the handmaid of the Lord; be it
done to me according to thy word.*

Luke 1:28, 38

Reflection

Every life has a hinge moment. A single conversation, a single yes, a single decision after which nothing is ever the same. Mary's hinge

moment was the Annunciation. And because she said yes, our own salvation hinges on it too.

Let us slow down and enter that scene today. Luke tells us the angel was sent to a city of Galilee called Nazareth, to a virgin. Nazareth was not a famous town. In the Gospel of John, Nathanael asks, “Can any good thing come out of Nazareth?” It was a village of maybe three hundred people. The Jews of the first century did not expect their Messiah to come from such a place. But God did. God so often chooses the small, the hidden, the places the world overlooks. If God can visit Nazareth, God can visit the room you are sitting in right now.

The angel calls Mary full of grace. In the original Greek, it is one word: kecharitomene. It is a perfect passive participle, which is a technical way of saying that God’s grace had been acting on

Mary for a long time, completely, without interruption. She did not become full of grace in that moment. She had been full of grace for years, and the angel was simply telling her the truth God had known about her since before the foundation of the world.

Then Gabriel delivers the message. She will conceive the Son of the Most High. His name will be Jesus. His kingdom will have no end.

Mary asks one question. Not out of doubt. Out of wisdom. “How shall this be done, because I know not man?” She is not objecting. She is learning. There is a lesson here for us. It is not faithless to ask God how. It is faithless to walk away. Mary stays. She listens. She weighs the angel’s answer. The Holy Spirit will overshadow her. Nothing shall be impossible with God.

And then comes the sentence on which the rest of history turns.

“Behold the handmaid of the Lord. Be it done to me according to thy word.”

Church fathers have pointed out something beautiful. When Eve disobeyed in the garden, the gates of Paradise closed. When Mary obeyed in Nazareth, the gates opened again. Saint Irenaeus, who lived only a hundred years after Mary, wrote that the knot of Eve’s disobedience was untied by Mary’s obedience. What was lost by one woman’s no was restored by another woman’s yes.

This is why the Annunciation is not a private event. It is the turning point of the human story. And it places before each of us a question we cannot avoid. Mary has said yes. Will you?

God comes to your Nazareth today. He speaks quietly. He does not force. He waits for your fiat.

He waits for a heart that will look up from whatever it is doing and say, Let it be done to me according to your word. Mary said it once and gave us Christ. You can say it ten thousand times in your life, and each time it opens a little more of your soul to God.

Say it now. Say it again tonight. Let every day of May be a fresh Annunciation.

Intention

For openness to God's will in every decision of this day, and for every soul who is being invited today to a yes they have been afraid to speak.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that God speaks to me today as He spoke to Mary.

- 2.** I receive the word of the Lord over my life.
 - 3.** I say yes to God's plan, even in the parts I do not yet understand.
 - 4.** I reject fear, hesitation, and the spirit of delay.
 - 5.** I declare that my Nazareth is holy ground because God is in it.
 - 6.** I receive the overshadowing of the Holy Spirit in every area of my life.
 - 7.** I reject every voice that says my yes is too small to matter.
 - 8.** I declare that nothing shall be impossible with God, in my family, in my work, in my body, in my soul.
 - 9.** I step into today as the handmaid of the Lord, ready for whatever He asks.
 - 10.** I declare that my fiat opens heaven over my life, in Jesus' name. Amen.
-

Closing Prayer

Mary of the Annunciation, teach me to say yes. Let the Holy Spirit overshadow me as He overshadowed you. Let Christ be born in my heart today. Amen.

Say the Holy Rosary

The Joyful Mysteries begin with the Annunciation. Pray the first decade slowly today and enter Mary's yes with her.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Someone you know is standing in their own Annunciation today, waiting for courage to say yes. Send them this devotional. Let Mary's fiat strengthen them.

DAY 5

Tuesday, May 5, 2026

Handmaid of the Lord

Scripture

And Mary said: Behold the handmaid of the Lord; be it done to me according to thy word. And the angel departed from her.

Luke 1:38

Reflection

Yesterday we stood with Mary at the Annunciation. Today we linger on a single phrase she spoke in that scene. Five words in English. Behold the handmaid of the Lord. In those five words is hidden the whole secret of Christian life. If you can learn to pray them from your heart, you

have already learned more than a library of books could teach you.

The Greek word Luke uses for handmaid is *doule*. It does not mean a casual servant. It means a bonds slave. It means someone who belongs, body and soul, to her master. It is the lowest, most humble role a person could occupy in the ancient world. And this is the word Mary chooses for herself in the presence of an angel who has just called her full of grace.

Think about that. Gabriel tells her she is blessed among women. Gabriel tells her she will be the Mother of the Most High. And Mary's answer to this stunning announcement is not, I accept this great honor. Her answer is, I am a bonds slave. She goes lower when God lifts her higher. This is the law of the kingdom. Jesus himself will teach it in the Gospels. Whosoever shall exalt himself shall

be humbled; and he that shall humble himself shall be exalted (Matthew 23:12). Mary lives that law before her Son ever preaches it.

There is something else hidden in this phrase. When Mary says handmaid of the Lord, she places herself inside an ancient line. In the Old Testament, Hannah called herself the Lord's handmaid before she gave birth to Samuel (1 Samuel 1:11). Ruth called herself a handmaid before Boaz. Abigail called herself a handmaid before David. Every woman of faith who went before Mary used this language. And now Mary takes it up, the last and greatest of them all. She is the handmaid who gathers all the other handmaids into herself.

Brother, sister, there is something liberating about the word handmaid. In our age we are told that greatness means self-assertion. We are told to

define ourselves, to promote ourselves, to defend our rights at every turn. And we end up exhausted. The world does not know how tired it is of standing up for itself. Mary shows another way. The way of belonging to God so completely that you no longer have to fight for your own dignity. Your dignity is already secure in His hands.

To be a handmaid of the Lord is not to be a doormat. Mary was no doormat. She was the strongest woman who ever lived. She stood beneath the cross when the apostles ran. She raised the Son of God. She kept every word in her heart and pondered them. That is strength. But it is a strength that flows from surrender, not from self-defense.

Today, try this. In every moment of decision, no matter how small, whisper it. Behold the handmaid of the Lord. When you are tempted to argue,

whisper it. When you are tempted to grasp, whisper it. When you do not know what to do next, whisper it. Let your day be woven from those five words.

Humility is not weakness. Humility is the posture of a soul who knows that God is God. Mary teaches us to stand in that posture every hour.

Be it done to me according to thy word. Let that be the heartbeat of your day.

Intention

For the grace of humility in every believer, for the healing of every proud heart, and for the hidden servants of the Church whom no one sees but God.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that I belong to the Lord, body and soul, as Mary belonged to Him.
- 2.** I receive the humble heart of Mary today.
- 3.** I reject the spirit of pride, self-promotion, and self-defense.
- 4.** I declare that my dignity is secure because I belong to God.
- 5.** I receive the grace to serve without resentment and to love without counting the cost.
- 6.** I reject every temptation to grasp, to compare, or to compete.
- 7.** I declare that I am a bonds slave of the Lord, and in that belonging I am free.
- 8.** I receive the strength of Mary, who stood at the cross when others ran.

9. I step into today saying, Be it done to me according to thy word.

10. I declare that the Lord will exalt every heart that humbles itself, in Jesus' name. Amen.

Closing Prayer

Mary, Handmaid of the Lord, teach me to surrender. Let every breath today be an act of belonging to God. I am His servant. Let Him do with me as He wills. Amen.

Say the Holy Rosary

Every Hail Mary returns you to the posture of Mary's fiat. Pray at least one decade today as a servant of the Lord.

**[PRAY WITH THE MARY OUR HELP
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Share This Devotional

Humility is contagious. So is pride. Choose today what you will pass on. Forward this devotional to someone who serves quietly and never hears thanks.

“Freely you have received, freely give.” (Matthew 10:8)

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DAY 6

Wednesday, May 6, 2026

Mary of the Visitation

Scripture

And Mary rising up in those days, went into the hill country with haste into a city of Juda. And she entered into the house of Zachary, and saluted Elizabeth. And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb. And Elizabeth was filled with the Holy Ghost.

Luke 1:39–41

Reflection

Something beautiful happens the moment Mary becomes Mother of God. She does not sit down. She does not take time to marvel at what has happened to her. She gets up. She crosses a mountain range. She goes to someone else.

Luke tells us Mary went with haste. The Greek word is *spoude*. It means with urgency, with eagerness, with no delay. She did not wait for the second trimester. She did not wait for the news to be confirmed. The angel had told her Elizabeth was in her sixth month. Elizabeth was older. Elizabeth might need help. And so Mary, still in the first days of carrying the Son of God in her womb, set out across the hills of Judea.

This is what grace does to a soul. It does not make us passive. It makes us mobile. It sends us outward. The first instinct of a heart filled with

Christ is to bring Christ to someone else. Mary shows us that mission is not an afterthought. Mission is the shape of a soul that has truly said yes to God.

Notice also what happens when Mary arrives. She does not need to preach. She does not need to explain. She simply greets Elizabeth, and the Holy Spirit does the rest. The infant in Elizabeth's womb leaps for joy. That infant is John the Baptist. Before John can speak, before he can preach in the desert, before he can baptize anyone in the Jordan, he is already pointing to Jesus. And what makes him point? The sound of Mary's voice carrying Jesus into the room.

This is the first evangelization of the New Testament. It is not a sermon. It is a visit. It is one woman bringing Jesus into the home of another

woman, and the Holy Spirit doing what only He can do.

Brother, sister, this matters for your life today. You do not always need a platform to evangelize. You do not always need the right words. You need the presence of Jesus in you, and the willingness to walk into someone else's life carrying Him. That is how evangelization began. That is still how it spreads.

Who is your Elizabeth today? Who is the person in your circle who needs the presence of Christ in their home? Perhaps it is an elderly relative who lives alone. Perhaps it is a friend going through a pregnancy or a loss. Perhaps it is a colleague you have prayed for but never visited. Perhaps it is someone you have been avoiding because the relationship is complicated. Mary went with haste. Do not let tomorrow be the day you finally went.

There is also a second teaching hidden in this scene. Elizabeth cries out, Blessed art thou that hast believed, because those things shall be accomplished that were spoken to thee by the Lord (Luke 1:45). Mary is blessed because she believed. Not because she deserved it. Not because she earned it. Because she believed. And because she believed, God brought to pass what He had promised.

If you have been waiting on a promise from God, let this be your encouragement. Mary believed before she saw. She believed across a mountain range before Elizabeth confirmed a single detail. And the Lord did not fail her. He will not fail you.

Rise up today. Travel to someone. Carry Jesus into a room that needs Him. And believe, as Mary believed, that the Lord who has spoken to you will bring His word to pass.

Intention

For every servant of the poor and the lonely, for every evangelist crossing mountains to bring Christ to others, and for the person the Lord is placing on your heart right now.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Jesus lives in me, and I carry His presence into every room I enter today.
- 2.** I receive the haste of Mary, the readiness to rise and go where God sends me.
- 3.** I reject spiritual passivity, hesitation, and the lie that I have nothing to offer.
- 4.** I declare that my voice, like Mary's, can cause the Holy Spirit to move in others.

5. I receive boldness to visit those I have been delaying to visit.
 6. I reject every wall between me and the people the Lord has placed in my life.
 7. I declare that I am blessed because I believe, as Mary was blessed because she believed.
 8. I receive the faith to trust God's promises across every mountain in my life.
 9. I step into today as a carrier of Christ, a visitation to someone who needs Him.
 10. I declare that the word the Lord has spoken over me shall be accomplished, in Jesus' name.
Amen.
-

Closing Prayer

Mary of the Visitation, teach me to rise and go.

Let me carry Jesus into every home I enter

today. Let my presence cause others to leap for joy in the Spirit. Amen.

Say the Holy Rosary

The second Joyful Mystery is the Visitation. Pray it slowly today and walk with Mary through the hills of Judea.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Today's reflection asks you to visit someone. Start by sending them this devotional. Mary crossed a mountain. You can cross a WhatsApp chat.

“How beautiful upon the mountains are the feet of him that bringeth good tidings.” (Isaiah 52:7)

DAY 7

Thursday, May 7, 2026

Mother of the Magnificat

Scripture

My soul doth magnify the Lord: and my spirit hath rejoiced in God my Saviour.

Because he hath regarded the humility of his handmaid: for behold from henceforth all generations shall call me blessed. Because he that is mighty hath done great things to me: and holy is his name.

Luke 1:46–49

Reflection

When Elizabeth blessed her, Mary did not blush and change the subject. She did not say, Oh no, the

credit is not mine. She did something deeper. She sang.

What Mary sang is called the Magnificat, from the first word of the Latin translation. It is the longest speech Mary makes in the entire New Testament. The Church has prayed these words at Evening Prayer every night for over a thousand years. Monks and nuns sing them as the sun sets. Priests pray them in their breviaries. Families pray them at home. No other song of praise in the Bible is repeated so faithfully by so many for so long. There is a reason.

The Magnificat is revolution set to music. Listen to what Mary says.

He hath put down the mighty from their seat, and hath exalted the humble. He hath filled the hungry with good things; and the rich he hath sent empty away (Luke 1:52–53).

This is not a sweet devotional poem. This is the announcement of a kingdom where the last are first. Mary is telling us that God turns the world upside down. He does not side with the proud. He does not side with the powerful. He does not side with those who have everything. He sides with the lowly, the hungry, the forgotten. And in Mary, He has chosen a lowly village girl to bring His Son into the world, so that we will never mistake who He comes for.

If you have ever felt small in this world, the Magnificat is your song. If you have ever been overlooked, passed over, forgotten, the Magnificat is your song. The God who regarded Mary's humility regards yours. The God who filled her with good things is ready to fill you.

There is a second thing to notice. Mary's song is soaked in the Old Testament. Every line of the

Magnificat echoes Hannah's prayer in 1 Samuel 2. Mary quotes the Psalms. She quotes the prophets. She quotes the song of Miriam after the Red Sea crossing. Her heart is a harp strung with the Word of God, and when the Holy Spirit plays on it, all the music that comes out is Scripture.

This teaches us something about prayer. If you want to pray like Mary, fill your heart with Scripture. The more of the Word lives in you, the more naturally the Word rises up when you pray. Mary did not improvise the Magnificat. She had been steeping in the Psalms her whole life. When grace pressed on her soul, the Psalms came out.

There is a third thing to notice. Mary says, all generations shall call me blessed. For over two thousand years, this has been true. Every continent. Every century. Every language. From Jerusalem to Port Harcourt to Paris to Lima, her

name is on the lips of billions. She spoke those words as a teenager, alone in a hill country town, with only Elizabeth to hear her. And yet the prophecy has been fulfilled beyond any song any human being has ever sung.

You who read this today, in whatever language, in whatever country, are part of the fulfillment. When you say blessed art thou among women, you keep the Magnificat alive in your generation.

So call her blessed today. Sing with her. Let your soul magnify the Lord. And know this: the same God who exalted Mary's lowliness is ready to exalt yours.

Intention

For the lowly and forgotten of the earth, for the hungry to be filled, for the proud to be humbled,

and for every soul who needs a song of hope today.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that my soul magnifies the Lord today.
- 2.** I receive the joy of Mary's song into my heart.
- 3.** I reject every voice that tells me I am too small or too forgotten for God to use.
- 4.** I declare that the God who is mighty has done great things in me, and holy is His name.
- 5.** I receive God's mercy, which is from generation to generation over those who fear Him.
- 6.** I reject the spirit of pride, comparison, and the love of worldly power.

7. I declare that God has scattered the proud and lifted up the humble. I stand with the humble.

8. I receive the Word of God deep into my heart, so that my prayers may rise as Mary's rose.

9. I step into today filled with holy confidence, for the Lord has regarded my humility.

10. I declare that all generations shall call Mary blessed, and I join my voice to theirs, in Jesus' name. Amen.

Closing Prayer

Mother of the Magnificat, put your song in my heart. Teach me to magnify the Lord in every circumstance. Let my soul rejoice in God my Saviour today and always. Amen.

Say the Holy Rosary

The Rosary is the Magnificat of our generation, a song of Mary repeated across the world. Pray at least one decade today.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Mary's song was meant to be shared. Every generation is called to join the chorus. Forward this devotional to someone who needs a song of hope today.

“Sing to the Lord a new song.” (Psalm 96:1)

Month of Mary 2026 · Mary Our Help · Day 7 of 31

DAY 8

Friday, May 8, 2026

Mother at Bethlehem

Scripture

And she brought forth her firstborn son, and wrapped him up in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

Luke 2:7

Reflection

When we think of Bethlehem, we usually think of Christmas. Lights, carols, cribs decorated in churches, shepherds and angels and the night sky over Judea. But today, in the middle of the month of May, we enter Bethlehem for a different reason.

We enter to stand beside Mary at the moment she became a mother.

Luke gives us one short sentence for what must have been the most intense night of Mary's life. She brought forth her firstborn son. There are no details about the pain, no description of her labor, no record of her tears. Scripture is silent about what she felt. And yet if you have ever given birth, or if you have ever been close to someone who has, you know that no woman forgets that night. Mary would never forget it.

Think of the place where she gave birth. Not a hospital. Not even a house. A shelter where animals were kept. The stone walls of Bethlehem were cold in December. The smell of livestock was everywhere. The light came from whatever lamp Joseph could find. And in that place, the Son

of God entered the world. There was no room for them in the inn.

Here is the first lesson for today. God did not wait for comfortable conditions to come into the world. He did not wait for a palace. He did not wait for applause. He came where there was no room, because He wanted every soul who would ever feel unwanted to know He understood. If you have ever been the one nobody made room for, Bethlehem is your birthplace too. Christ was born where you live.

Here is the second lesson. Mary became a mother in hardship, and she loved her child anyway. There was no support team around her. Her own family was far away. Elizabeth was not there. The only human voice she heard that night was Joseph's. And yet she wrapped her baby in swaddling clothes, she laid Him in the manger, and she began

the long quiet work of motherhood that would carry her all the way to Calvary.

Many mothers today are giving birth in hardship. Many mothers today are raising children alone. Many mothers today feel that no one sees how hard it is. Mary sees. She has stood in their place. She knows what it is to push past her strength because a child depended on her. Today, pray for every mother in difficult circumstances. Pray for mothers in refugee camps. Pray for teenage mothers who are afraid. Pray for mothers in hospitals holding sick children. Pray for mothers who are grieving a loss that nobody else remembers. The Mother at Bethlehem holds every one of them in her heart.

Here is the third lesson. Motherhood is a form of worship. When Mary laid Jesus in the manger, she did what every mother does, and she also did what

only one mother has ever done. She held God in her hands. Saint Augustine wrote that Mary was more blessed for receiving Christ in her heart than for bearing Him in her womb. What she did at Bethlehem was both. She received Him with her body, and she adored Him with her soul.

Brother, sister, Bethlehem is not only a place on a map. Bethlehem is every cold corner of your life where you have been asked to love when love cost you something. Mary did it first. She is showing you how.

Tonight, before you sleep, imagine yourself in that stable. Kneel with the shepherds. Look at Mary holding her Son. Ask her to teach you how to love in hard places. She is a Mother who will never turn you away.

Intention

For every mother in difficult circumstances around the world, for mothers raising children alone, for mothers in refugee camps and hospitals, and for the courage of every woman who says yes to life.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Mother at Bethlehem, understands my hidden struggles.
- 2.** I receive the strength of a mother's love into every place of weariness in my life.
- 3.** I reject self-pity and the lie that no one sees what I am carrying.
- 4.** I declare that God was born where there was no room. He enters every closed place in my life.

5. I receive the grace to love in hardship, as Mary loved in the stable.
 6. I reject every bitterness from unwelcoming people who did not make room for me.
 7. I declare that the Son of God is at home in me, no matter my circumstances.
 8. I receive peace for every mother in distress whom the Lord is placing on my heart.
 9. I step into today as a servant of the mothers around me, ready to make room.
 10. I declare that where the world offers no room, Christ is still born, in Jesus' name. Amen.
-

Closing Prayer

Mother at Bethlehem, teach me to make room for Christ in every cold corner of my life. Hold in your heart every mother who weeps tonight, and bring them peace. Amen.

Say the Holy Rosary

The third Joyful Mystery is the Nativity. Pray it today and kneel beside Mary at the manger.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Think of a mother you know who is carrying something heavy. Send her this devotional today. Let Mary's quiet strength reach her through your message.

“Freely you have received, freely give.” (Matthew 10:8)

Month of Mary 2026 · Mary Our Help · Day 8 of 31

DAY 9

Saturday, May 9, 2026

Mary of the Presentation

Scripture

*And thy own soul a sword shall pierce, that,
out of many hearts, thoughts may be
revealed.*

Luke 2:35

Reflection

Forty days after the birth of Jesus, Mary and Joseph carried their child to the temple in Jerusalem. They came to fulfill the Law of Moses. Every firstborn son of Israel belonged to the Lord, and his parents had to offer a sacrifice to redeem

him. Mary and Joseph were poor. They brought the offering of the poor: two turtledoves.

In that temple lived an old man named Simeon. The Holy Spirit had told him he would not die before he saw the Messiah. Day after day, year after year, Simeon waited. He watched every family that came through the temple gates. And one ordinary morning, a young couple walked in with a forty-day-old baby, and Simeon knew. He took the child into his arms.

He prayed one of the most beautiful prayers in the New Testament. Now thou dost dismiss thy servant, O Lord, according to thy word in peace. Because my eyes have seen thy salvation (Luke 2:29–30). Then he turned to Mary. And what he said next is the reason we remember her today as Mary of the Presentation. The reason we

remember her as the Mother whose soul was pierced.

Thy own soul a sword shall pierce.

Simeon did not explain what he meant. He gave Mary no comfort. He gave her a prophecy she would carry for thirty-three years, not knowing when the sword would come, only knowing that it would. From that moment forward, every time Mary looked at her Son, she knew there was a sorrow waiting for her somewhere ahead. She kept this word, as she kept all the others, and pondered it in her heart.

Brother, sister, this is one of the deepest mysteries of Mary. She is not only the Mother of the joy of Christmas. She is the Mother of sorrows. Before her Son ever preached a single sermon, she was already being prepared to stand at the foot of His

cross. She was already being taught that love and suffering are joined at the root.

If you have ever had a sword through your soul, Mary understands. If you have watched a child suffer and could not stop it, she understands. If you have carried a grief that no one else can see, she understands. If you have waited for years under the shadow of a sorrow that you could not name, she understands. She waited for three decades under her own sword, and she never ran from it.

There is a lesson here that the world tries hard to avoid. The lesson is this: grace does not always remove the sword. Sometimes grace teaches us how to carry it without bitterness. Mary did not become bitter at Simeon's prophecy. She did not become bitter when her Son's hour finally came. She stood beneath the cross in silence, offering her

sorrow with His. Bitterness would have poisoned her heart. Instead, she let the sword make her heart more tender, more open, more available to every sorrow in every soul who would ever ask her to pray.

This is why, when you come to her with your own pierced heart, she never turns you away. She knows. She has been there. And her heart is large enough to hold your sorrow the way she held her Son's.

Today, if a sword is in you, name it before her. Do not hide it. Do not pretend you are fine. Bring it to Mary of the Presentation, the Mother whose own soul was pierced, and let her stand with you. You do not walk alone. You walk with the Woman whose heart was broken before yours and whose love only grew deeper because of it.

Intention

For every soul carrying a hidden sorrow, for parents grieving the suffering of their children, and for the grace to love without bitterness in every pierced heart.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, whose soul was pierced, understands every sorrow in my heart.
- 2.** I receive the grace to carry my sword without bitterness.
- 3.** I reject the lie that my grief is too heavy or too hidden for God to see.
- 4.** I declare that the love of Mary is wide enough to hold every wound I bring to her.
- 5.** I receive the peace of Simeon, whose long waiting ended in Christ.

6. I reject every spirit of despair, isolation, and resignation.
 7. I declare that my suffering is not wasted. The Lord is working through it.
 8. I receive the tenderness of a heart that chooses love in the face of pain.
 9. I step into today beside the Mother of Sorrows, my companion in every grief.
 10. I declare that no sword can separate me from the love of Christ, in Jesus' name. Amen.
-

Closing Prayer

Mary of the Presentation, Mother of the pierced heart, hold my sorrow with your own. Teach me to carry my cross without bitterness, and to love as you loved at the foot of yours. Amen.

Say the Holy Rosary

The fourth Joyful Mystery is the Presentation. Pray it today and offer every sorrow of your life beside Mary's.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Someone you know is carrying a grief they have told no one about. Send them this devotional today. Mary knows how to reach hearts that have been silent for too long.

“Blessed are they that mourn: for they shall be comforted.” (Matthew 5:5)

Month of Mary 2026 · Mary Our Help · Day 9 of 31

DAY 10

Sunday, May 10, 2026

Sixth Sunday of Easter

Flight Into Egypt

Scripture

Who arose, and took the child and his mother by night, and retired into Egypt: and he was there until the death of Herod.

Matthew 2:14–15

Reflection

Mary is barely settled in Bethlehem when the next crisis comes. An angel warns Joseph that Herod is hunting the child. Joseph wakes Mary in the night. They pack what they can. They leave under cover of darkness. They walk for weeks across the wilderness of Sinai with a toddler in their arms.

They do not know when they will return. They do not even know if they will return. They are refugees.

Matthew tells the story in three short verses, but think about what those verses cost them. Mary left her homeland. She left the familiar hills. She left her relatives and her neighbors. She went into a foreign country where she did not speak the language fluently, where the food was strange, where nobody knew her story. For the first years of Jesus' life, His Mother raised Him in exile.

We do not know exactly how long the Holy Family stayed in Egypt. Some ancient traditions say three years. Some say longer. Early Christians in Egypt preserved local memories of the places where the family passed through, and many Coptic churches still mark these sites today. But what

scripture makes clear is this: the very first years of the Messiah's life were spent as a migrant.

This is a mystery worth sitting with. The Son of God began His life as a refugee. Mary became the Mother of Migrants before the Church even had that title for her. And Joseph led his small family with courage through a journey nobody had prepared him for.

Brother, sister, this devotion is being read today in Port Harcourt, in Douala, in Paris, in Madrid, in Lagos, in places across the world where people have left their homelands to find safety or work or a future. Many of you reading this are migrants yourselves. Many of you have children born in lands that are not your parents' lands. Many of you are raising the next generation in a language your grandparents never spoke. You are not alone. The Mother of Jesus walked that road before you.

There is a deeper truth in the Flight into Egypt. The Holy Family's journey shows us that God is at home on every road. Wherever Mary carried Jesus, that became holy ground. Egypt did not cease to be Egypt. But a new blessing rested on it because the Christ child grew up there. The land that had once been the place of Israel's slavery became the place of the Messiah's hiding. What had been a house of bondage God turned into a sanctuary for His Son.

If you are a migrant, this is your promise. Wherever you carry Christ, He sanctifies that place. Your house, your workplace, your new city, your new country, however strange they feel, can become holy ground because you are there with Him.

There is also a word today for mothers. Every mother watching her children grow up far from their roots, every mother wondering if her children

will remember the faith of her people, every mother who has sacrificed her own comfort for her children's future, Mary understands. She taught Jesus His first prayers in a foreign country. She kept the faith alive in exile. Her hidden labor built the foundation for everything Jesus would later do. Today, on this Sunday when many nations honor mothers, thank God for every mother who has walked a long road for the sake of her children. Ask Mary of the Flight into Egypt to protect every family that is separated from home.

Intention

For refugees and migrants across the world, for every family separated from home, for mothers raising children far from their roots, and for all mothers on this day.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that wherever I carry Christ, that place becomes holy ground.
- 2.** I receive the peace of Mary, who walked the long road into Egypt and did not fear.
- 3.** I reject the spirit of rootlessness, loneliness, and exile in my inner life.
- 4.** I declare that my home is wherever Jesus dwells, and He dwells in me.
- 5.** I receive grace for every migrant in my family line, going back generations.
- 6.** I reject fear for the future of my children and grandchildren.
- 7.** I declare that the God who protected the Holy Family in Egypt protects my family today.

8. I receive the courage of Joseph, who led his family by night and did not turn back.
 9. I step into today as a builder of sanctuary wherever the Lord has placed me.
 10. I declare that no exile can separate me from my Father's house, in Jesus' name. Amen.
-

Closing Prayer

Mary of the Flight into Egypt, walk with every migrant heart today. Protect every family far from home. Teach us to sanctify every land we walk upon. Amen

Say the Holy Rosary

The Rosary is the prayer of pilgrims. Pray at least one decade today and entrust every journey of your life to Our Lady.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Beginning on Day 15 of this devotional, the Great Novena and the Pentecost Novena will open in preparation for the feast of Our Lady Help of Christians and Pentecost on May 24. Begin to prepare your heart.

Share This Devotional

Today we remember migrants and mothers. Both groups carry quiet weight. Send this devotional to a mother you love and to anyone you know living far from home.

“Freely you have received, freely give.”

(Matthew 10:8)

DAY 11

Monday, May 11, 2026

Finding Jesus in the Temple

Scripture

And it came to pass, that, after three days, they found him in the temple, sitting in the midst of the doctors, hearing them, and asking them questions... And his mother said to him: Son, why hast thou done so to us? behold thy father and I have sought thee sorrowing.

Luke 2:46, 48

Reflection

There is one story in the Gospels that gives us a glimpse of Jesus between His infancy and His

public ministry. It is the story of the finding in the temple. Luke tells it in about fifteen verses, and yet these verses contain one of the most painful moments of Mary's hidden life.

Jesus was twelve years old. The Holy Family had gone to Jerusalem for the Passover. After the feast, the great caravan of pilgrims began the long walk home. Families traveled in groups. Children moved among cousins and neighbors. It was not unusual for a mother to go most of a day assuming her child was with relatives. And so Mary and Joseph walked for a full day before they realized Jesus was not with them.

Imagine that moment. A mother who had said yes to God, who had given birth in a stable, who had fled to Egypt, who had kept every word of her Son's life in her heart, suddenly could not find Him. For three days she searched. Scripture gives

us only a glimpse, but think of what those three days cost her. Think of what she must have prayed. Think of the sleepless nights. The fear. The guilt that must have whispered in her mind, Did I fail? Did I lose the Son of God?

She did not fail. But she did not know that yet.

Many believers live through long seasons of what feels like losing Jesus. Not losing Him in reality, because He never leaves us. But losing Him in our experience. There are days, sometimes years, when the prayer that used to come easily becomes difficult. When the joy of the faith feels far away. When we search the usual places and cannot find Him where we found Him before. Mary is the Mother of every one of those seasons. She has walked this road.

Notice what she did. She did not give up. She did not decide Jesus had abandoned her. She kept

looking. And she looked in the one place she had not yet looked, which was the temple. She found Him in the house of His Father, doing the work of His Father.

There is a lesson here. When you cannot find Jesus in the places you usually find Him, do not stop searching. Go to His Father's house. Return to the sacraments. Return to the Word. Return to the silence of prayer. He is there. He has not wandered away from you. He has simply called you to seek Him more deeply than before.

Mary's question to her Son is one of the most honest in scripture. Why hast thou done so to us? She does not pretend. She does not rehearse pious phrases. She tells Him it hurt. And this is an important truth. You can speak honestly with the Lord about the pain of searching for Him. You can ask Him why. Mary did.

Jesus answered her: Did you not know, that I must be about my Father's business? And then Luke writes a line that changes everything. His mother kept all these words in her heart (Luke 2:51).

She did not understand in that moment. But she stored it. She trusted that the meaning would come later. And it did. Decades later, when the hour of the cross arrived, she understood that her Son had always belonged first to His Father, and that her own motherhood had to grow wide enough to release Him to that mission.

Brother, sister, are you in a season of searching? Keep searching. Return to the temple. Let Mary walk beside you. The Lord who seemed hidden is preparing to reveal something you could not have seen before. Store His word in your heart. The meaning will come.

Intention

For every family estranged from the faith, for parents whose children have wandered, and for every believer in a season of spiritual darkness.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Jesus is never lost, even when I cannot feel Him.
- 2.** I receive the patience of Mary, who searched for three days and did not give up.
- 3.** I reject the lie that God has abandoned me.
- 4.** I declare that I will find the Lord in His Father's house when I seek Him there.
- 5.** I receive the grace to keep praying when prayer feels empty.
- 6.** I reject discouragement in my spiritual life.

7. I declare that every word the Lord has spoken over me is stored in my heart.

8. I receive peace over every family member who has wandered from the faith.

9. I step into today as a seeker, determined to find Christ wherever He has gone before me.

10. I declare that I will not stop looking until I find Him, in Jesus' name. Amen.

Closing Prayer

Mary, Mother of the searching heart, walk with me through every season of seeking. Lead me to the Father's house, where your Son is always waiting. Amen.

Say the Holy Rosary

The fifth Joyful Mystery is the Finding in the Temple. Pray it today and join Mary in every search for Christ.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

The Great Novena and the Pentecost Novena begin in four days. Begin now to name your intentions and prepare your heart.

Share This Devotional

Someone you love is in a season of searching. They feel far from God. Send them this devotional. Let Mary's patience reach them through you.

Month of Mary 2026 · Mary Our Help · Day 11 of 31

DAY 12

Tuesday, May 12, 2026

Mary at Cana

Scripture

And the wine failing, the mother of Jesus saith to him: They have no wine... His mother saith to the waiters: Whatsoever he shall say to you, do ye.

John 2:3, 5

Reflection

There is a wedding at Cana. The music is playing. The food is laid out. The guests are celebrating. Mary is there. Jesus is there with His newly called disciples. And suddenly the wine runs out.

In our culture we might not feel the weight of this, so let us feel it. A Jewish wedding in the first century was a seven-day celebration. It was the social event of the year for an entire village. If the wine ran out, the family's reputation would carry the embarrassment for generations. In a small town, everyone would remember. The couple would start their married life marked by a public failure.

Mary sees this. Nobody else at the wedding seems to have noticed yet, but she notices. This tells us something about her. Mary has the eyes of a mother. She sees the small shame before it becomes the great shame. She sees the problem before the panic sets in. And her instinct is not to criticize or to judge. Her instinct is to go to her Son.

They have no wine.

She does not tell Him what to do. She does not instruct Him. She does not demand a miracle. She simply names the need and places it in His hands. This is the purest prayer in scripture. Lord, this is what is happening. I leave it with you.

Jesus replies with words that have puzzled many readers. Woman, what is that to me and to thee? My hour is not yet come (John 2:4). On the surface this sounds like a refusal. But Mary does not hear it as a refusal. She has known her Son for thirty years. She knows His voice. She knows His heart. And she turns immediately to the waiters and says the most important words any mother has ever spoken in scripture.

Whatever he shall say to you, do ye.

These are the last recorded words of Mary in the Bible. Think about that. Of all the things Mary could have said, of all the speeches the evangelists

could have preserved, the Holy Spirit chose to leave us these words as her farewell teaching to the Church. Do whatever He tells you. This is the entire Christian life in seven words. This is the Rosary in seven words. This is every spiritual direction ever given, compressed into a single sentence from the lips of a mother.

And then Jesus acts. Six stone jars of water become wine. Not ordinary wine. The best wine. The headwaiter cannot understand why the best wine was saved for last. But we understand. When Jesus moves, He does not give scraps. He gives abundance. He gives the best. His first miracle is not a healing, not an exorcism, not a raising of the dead. His first miracle is a response to His Mother's request at a wedding where there was no wine.

Brother, sister, this story is written for you. Whatever is failing in your life, whatever is running out, whatever quiet shame you are watching creep in, Mary sees it. You do not need to explain. You do not need to justify. You bring it to her, and she brings it to her Son. And because she is His Mother, He listens.

There is also a second teaching here. Mary tells the waiters to do whatever Jesus says. The waiters obey. They fill six enormous stone jars with water. That is physical work. That is heavy. That is not a miracle. And then Jesus tells them to draw out and take it to the headwaiter. That is also physical work. Only in the carrying did the miracle become visible. The lesson is this: when Jesus tells you to do something, do it even if you do not yet see how it can lead to anything. The miracle often happens in the obedience itself.

Whatever He tells you, do it. Mary's last word to the Church is still Mary's first word to you today.

Intention

For every marriage facing difficulty, for families where the joy has grown thin, and for every soul who needs to hear Mary's voice saying,
Whatever He tells you, do it.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary sees every need in my life before I even speak it.
- 2.** I receive her intercession over every place where I am running out.
- 3.** I reject shame, embarrassment, and every public or private failure that would define me.

- 4.** I declare that Jesus responds to His Mother, and His Mother prays for me.
 - 5.** I receive the faith to do whatever He tells me, even when I do not see the outcome.
 - 6.** I reject spiritual laziness and the temptation to wait without obedience.
 - 7.** I declare that where there is no wine, the Lord is preparing abundance.
 - 8.** I receive a fresh anointing for my marriage, my family, my vocation.
 - 9.** I step into today ready to fill the jars, to do the hidden work, to trust the miracle to God.
 - 10.** I declare that the best wine is coming. The Lord has saved His best for this hour, in Jesus' name. Amen.
-

Closing Prayer

Mary of Cana, notice every empty place in my life. Speak to your Son on my behalf. And give me the grace to do whatever He tells me. Amen.

Say the Holy Rosary

The second Luminous Mystery is the Wedding at Cana. Pray it today and bring every empty jar in your life to Mary.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

The Great Novena and the Pentecost Novena open in three days. Write down your intentions now. Call a friend to pray with you. Prepare.

Share This Devotional

A marriage you know is struggling. A friend is at the end of what they can give. Send them this devotional. Mary still speaks to her Son about the weddings that are running out of wine.

“Freely you have received, freely give.”

(Matthew 10:8)

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DAY 13

Wednesday, May 13, 2026

Feast of Our Lady of Fatima

Our Lady of Fatima

Scripture

And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars.

Revelation 12:1

Reflection

On May 13, 1917, three shepherd children were tending sheep in a field called the Cova da Iria, near the little village of Fatima in Portugal. Their names were Lucia, Francisco, and Jacinta. Lucia was ten. Francisco was nine. Jacinta was seven.

They were too young to have an agenda. They were poor. They were unknown. And yet the Queen of Heaven chose them.

A Lady appeared above a small oak tree. She was more brilliant than the sun. She told the children she came from heaven. She asked them to come back on the thirteenth day of every month for six months. She asked them to pray the Rosary every day for peace in the world. She promised she would later tell them who she was and what she wanted.

The world of 1917 was bleeding. The First World War was devouring a generation. Nations were crushed under the weight of revolution. The Bolshevik revolution in Russia would break out only months later. Into this darkness, Mary came, not to kings, not to presidents, not to bishops, but to three illiterate shepherd children in a forgotten

corner of Portugal. She came with a message so simple it could be grasped by a seven-year-old and so deep that popes would spend decades unpacking it.

Pray the Rosary. Do penance. Consecrate yourselves to my Immaculate Heart. My Heart shall triumph.

The apparitions continued through the summer of 1917. The crowds grew. Skeptics came. Journalists came. On October 13, 1917, she fulfilled her promise of a public sign. Seventy thousand people, including atheists and secular newspapers, saw the sun dance in the sky. The rain-soaked ground dried in minutes. The newspapers of Portugal, many of them hostile to the Church, reported what they had seen. The miracle of the sun was one of the most publicly witnessed supernatural events of the twentieth century.

But the miracle of the sun is not the main miracle of Fatima. The main miracle of Fatima is the message. And the message is as urgent today as it was in 1917.

Pray the Rosary.

In a century that would see two world wars, the rise and fall of communism, the collapse of faith in whole nations, and the birth of a culture of death that continues to this hour, Mary gave us one weapon. Not a complicated program. Not a theological system. A Rosary. A simple chain of beads. A prayer any child can learn. A prayer any elderly person can whisper on a hospital bed.

Why the Rosary? Because the Rosary is the Gospel placed on the lips of Mary. When you pray the Rosary, you pray with the Mother of God. You walk through her Son's life with her. You kneel beside her at every mystery. And no power of hell

can stand against a soul that prays the Rosary with faith.

Today is her day. Today we honor the Mother who came down from heaven in 1917 because she loves her children too much to let us be destroyed without warning. Fatima is a gift. Fatima is a mercy. Fatima is the voice of a Mother calling us home.

If you have never made a consecration to her Immaculate Heart, consider making one this May. If you have drifted from the Rosary, pick it up again today. If you have never prayed a full Rosary in your life, begin today. Fatima asks only one thing of you: become a child of her Immaculate Heart. She will do the rest.

The message she gave the children is the message she gives you now. In the end, my Immaculate

Heart shall triumph. Her triumph is certain. The only question is whether you will be inside it.

Intention

For peace in the world, for the conversion of sinners, for Russia and every nation in turmoil, and for the triumph of the Immaculate Heart of Mary in our generation.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Our Lady of Fatima is my Mother and her Immaculate Heart is my refuge.
- 2.** I receive her call to pray the Rosary every day of my life.
- 3.** I reject every spirit of war, violence, and hatred in my heart and in my generation.

4. I declare that I consecrate myself, my family, and my nation to the Immaculate Heart of Mary.

5. I receive the grace of conversion, not once, but again today.

6. I reject spiritual lukewarmness, and I take up the weapons of prayer and penance.

7. I declare that the Rosary is my sword, and no enemy can stand against it.

8. I receive the promises given at Fatima over my life and my household.

9. I step into today as a child of the Immaculate Heart, ready to live her message.

10. I declare that the Immaculate Heart of Mary will triumph, and I stand inside that triumph, in Jesus' name. Amen.

Closing Prayer

Our Lady of Fatima, Queen of the Rosary, hold me close to your Immaculate Heart. Teach me to pray. Let your triumph come in my life, in my family, and in the world. Amen.

Say the Holy Rosary

Today is the feast of Our Lady of Fatima. Pray the full Rosary today if you can. At the very least, pray all three decades of one set of Mysteries.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

***The Great Novena and the Pentecost Novena
open in two days. Prepare your intentions.
Prepare your heart.***

Share This Devotional

Fatima is a gift for every generation. Do not let today pass without sharing this devotional with someone who has never heard of Fatima, or who has forgotten her message.

“Pray the Rosary every day.” (The words of Our Lady at Fatima, 1917)

Month of Mary 2026 · Mary Our Help · Day 13 of 31

DAY 14

Thursday, May 14, 2026

Solemnity of the Ascension of the Lord

Mary at the Ascension

Scripture

And when he had said these things, while they looked on, he was raised up: and a cloud received him out of their sight... All these were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with his brethren.

Acts 1:9, 14

Reflection

Today is one of the great solemnities of the Church year. Forty days after Easter, the risen Christ gathered His apostles one last time on the

Mount of Olives. He blessed them. He gave them their mission. And then, while they watched, He rose into the heavens and a cloud hid Him from their sight. Two angels stood beside them and said, Why stand you looking up to heaven? This Jesus who is taken up from you into heaven, shall so come, as you have seen him going into heaven (Acts 1:11).

Scripture does not tell us where Mary was standing in that moment. But the early Church always believed she was there. And Luke, in the first chapter of Acts, confirms it. When the apostles returned to Jerusalem after the Ascension, they went up to the upper room. And there they gathered in prayer, with the women, and with Mary the Mother of Jesus, and with His brethren. Mary was in the founding company of the Church. She was the prayer anchor of the upper room.

Think about what Mary felt on this day. For thirty-three years she had known her Son in the flesh. She had nursed Him, taught Him, laughed with Him, wept beside Him. She had stood beneath His cross. She had held His body when it was taken down. Then for forty days after the resurrection, He had come and gone, appearing to the disciples, eating with them, breaking bread. And now He was taken from her sight in a way that felt final. Not dead. But gone. Hidden behind a cloud. She would not see His face again with her earthly eyes.

What did Mary do? She did not collapse. She did not stop praying. She turned to the apostles, most of whom were terrified young men facing a mission they did not understand, and she led them in prayer. The Mother of Jesus became the Mother of the Church in that upper room. She gathered them. She interceded for them. And when the Holy

Spirit came at Pentecost, Mary was there, receiving Him with the apostles, just as she had received Him at the Annunciation thirty-three years earlier.

Brother, sister, there is a lesson in today that every believer needs to hear. Sometimes God calls us to live in the space between the Ascension and Pentecost. A space of waiting. A space of not yet seeing. A space where the visible comfort is gone and the promised outpouring has not yet come. Mary was in that space. The apostles were in that space. And what they did in that space mattered more than they knew.

They prayed. They gathered. They persevered. They stayed together. And they let Mary hold them.

If you are in your own in-between season today, stay with Mary. Do not leave the upper room. Do

not scatter. Do not let the silence of heaven make you think the promise has failed. The Father always keeps His promises. The Spirit is coming. But there is an upper room to sit in first, and Mary is there, praying for you.

There is another beautiful truth today. The Ascension is not only about Jesus leaving. It is about humanity entering heaven. For the first time in all of history, a human body, our own flesh, went into the throne room of God. Christ rose not as a disembodied soul but as the Risen One, with the wounds of His passion still visible, still human, and He took that humanity to the right hand of the Father. Where Christ has gone, we are meant to follow. Heaven is no longer a foreign country. It is our homeland.

Lift your eyes today. Do not stand staring into the clouds. Do not be paralyzed by what you cannot

see. Christ has gone ahead to prepare a place for you. Mary is praying for you. The Spirit is on the way.

Intention

For all missionaries carrying the Gospel to the ends of the earth, for every soul in a waiting season between God's promise and its fulfillment, and for the Church gathered with Mary in every upper room around the world.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Christ has ascended, and where He has gone, I am called to follow.
- 2.** I receive grace to persevere in prayer during every in-between season of my life.

- 3.** I reject the spirit of abandonment and the lie that heaven is silent.
 - 4.** I declare that Mary is with me in the upper room, leading me in prayer.
 - 5.** I receive a fresh outpouring of the Holy Spirit over my life, my family, and my work.
 - 6.** I reject fear of the mission the Lord has given me, and I rise up to fulfill it.
 - 7.** I declare that my citizenship is in heaven, and my true home is there.
 - 8.** I receive boldness to be a witness of Christ in my generation.
 - 9.** I step into today as a member of the praying Church, gathered with Mary and the apostles.
 - 10.** I declare that the Spirit is coming, the Spirit is at work, and nothing can stop the kingdom of God, in Jesus' name. Amen.
-

Closing Prayer

Mary of the Ascension, Mother of the Church, hold me in every upper room of my life. Teach me to wait, to pray, to persevere. Prepare me for the outpouring of the Spirit. Amen.

Say the Holy Rosary

The second Glorious Mystery is the Ascension.

Pray it today and ascend with Mary and the apostles in prayer.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

The Novena Begins Tomorrow

Beloved, the moment has come. Tomorrow, May 15, the **Great Novena** and the **Pentecost Novena** begin together. For nine days we will pray toward

the double feast of May 24: Pentecost and Our Lady Help of Christians.

Prepare tonight. Write down your intentions. Name the people you are carrying in your heart. Call the family and friends you want to pray with. Commit to praying both novenas every day from May 15 to May 23.

These are the novenas we will pray: the Great Novena, and the Pentecost Novena.

Starting tomorrow, you will find the links to both novenas inside each day's devotional or in Mary Our Help apps. Begin now. Prepare your heart. The Lord is preparing a harvest.

Join Saturday's Tournament

Saturday, May 16

Theme: Marian Titles and the Litany of Loreto.

Catholics from every continent will be playing. Rise to the top of the global leaderboard and become a champion of the second tournament of the Month of Mary 2026.

How to Prepare

Before the tournament, read and pray through these passages. They are the heart of Saturday's questions:

- Song of Songs 6:10 — Who is she that cometh forth as the morning rising?
- Revelation 12:1 — The woman clothed with the sun
- John 19:25–27 — Mary at the foot of the cross, given as Mother
- Exodus 25:10–22 — The Ark of the Covenant
- Luke 1:43 — Elizabeth's cry: the mother of my Lord

Study the Litany of Loreto. Read the ancient Marian titles and reflect on where each one comes from. Pay special attention to the Old Testament types of Mary: the Ark of the Covenant, the burning bush, Bathsheba as queen mother, the New Eve. Learn the story of Saint John Bosco and Pope Pius VII, who shaped the devotion to Mary Help of Christians in the nineteenth century.

[CLICK HERE TO JOIN NOW](#)

Or check Mary Our Help App

Share This Devotional

The Ascension is not the end. It is the sending. Christ has gone to prepare a place, and He sends us to prepare His way in the hearts of others. Send this devotional today. Send it to someone who is waiting for a word from heaven.

DAY 15

Friday, May 15, 2026

Mary Help of Christians, Our Refuge

Scripture

God is our refuge and strength: a helper in troubles, which have found us exceedingly. Therefore we will not fear, when the earth shall be troubled; and the mountains shall be removed into the heart of the sea.

Psalm 46:1–2

Reflection

The novena begins today. For nine days, from this morning until May 23, we pray with the whole Church toward the double feast of Pentecost and Our Lady Help of Christians on May 24. And the

first title we place before our hearts is this: Mary, our Refuge.

The Psalms teach us that God Himself is our refuge. So why do we call Mary a refuge? Because God, in His infinite wisdom, chose to give us a Mother. And a Mother's arms are the first refuge any child knows. The Father, who is our refuge in the heavens, gave us Mary as a refuge we can run to on the earth. She is not a replacement for Him. She is His gift to us. When we hide in her, we are hiding where He placed us.

Think of the oldest Marian prayer we possess. It was written in Greek on a scrap of papyrus in Egypt in the third century, when the Roman Empire was still hunting Christians and crucifying them in the streets. The prayer begins, Beneath your protection we seek refuge, O Holy Mother of God. That was the cry of the early Church. Before

there were cathedrals, before there were catechisms, before there was a Christian Rome, persecuted believers were already running to Mary as their refuge. That same prayer is still prayed today in every monastery and parish of the Eastern Church. It is one of the oldest unbroken prayers in Christian history. And it calls her what we call her today: the refuge of those who seek shelter.

Why is Mary a refuge? Because she was the first refuge Christ Himself knew. Before He was born, He dwelt inside her. Before He could walk, her arms carried Him. Before He could speak, her voice was the first He heard. When Herod's soldiers came to Bethlehem, it was in her arms that He fled to Egypt. When He was lost in the temple, it was her voice that called Him back. Mary was the refuge of the Son of God in His hidden years. If Christ Himself took refuge in Mary, there is no

shame, no weakness, no failure in us finding refuge in her too.

Brother, sister, there is no hour in your life when she is not available to you. There is no sin so dark, no wound so deep, no shame so heavy that you cannot bring it to her. Refuge is not a prize for the worthy. Refuge is a gift for the hunted. Refuge is a shelter for those who have nowhere else to run.

Consider the Psalm again. God is our refuge and strength: a helper in troubles, which have found us exceedingly. Troubles that have found you. The Psalm does not pretend you came looking for your troubles. It admits the troubles came looking for you. Some of us are being hunted by our own past. Some of us are being hunted by a present sorrow. Some of us are being hunted by a future we do not know how to face. For all of us, Mary is a refuge.

As you begin the novena today, name what you are running from. Name what has been hunting you. And then place it in her hands, the same hands that once cradled the Son of God. Pray the first day of both novenas with confidence. You are not earning her protection. You are receiving it.

The Church has called her by many titles for twenty centuries: Mother, Queen, Virgin, Handmaid. Today begin with this one. Mary, my Refuge. Say it through the day. Say it when the fear rises. Say it when the memory presses. Say it when the voice of the accuser speaks over your heart. The devil cannot cross the threshold of a soul that has hidden itself in Mary.

Run to her today. She has been waiting.

Intention

For every soul under attack today, for the persecuted Church, for those hunted by their own fears, and for every believer beginning this novena with trust in Mary's protection.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary Help of Christians is my refuge, and I run into her arms today.
- 2.** I receive the protection of the Mother of God over my body, my soul, and my household.
- 3.** I reject every attack of the enemy on my peace, my faith, and my family.
- 4.** I declare that no trouble that has found me is greater than the refuge that now hides me.
- 5.** I receive the ancient prayer of the Church:
Beneath thy protection we seek refuge.

6. I reject fear, dread, and every spirit of hunted shame.

7. I declare that what Christ Himself found in Mary, I find in her too: safety, love, and home.

8. I receive the strength to begin this novena with faith and to finish it with joy.

9. I step into today under the mantle of my Mother, the Help of Christians.

10. I declare that no weapon formed against me shall prosper, because Mary is my refuge, in Jesus' name. Amen.

Closing Prayer

Mary Help of Christians, my refuge, hide me beneath your mantle today. Protect every soul who is running for shelter. Walk with me through these nine days and lead me to your Son. Amen.

Say the Holy Rosary

The novena is underway. Let the Rosary be the rhythm of your next nine days. Pray at least one decade today with intention.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Pray the Novena Today

Today is Day 1 of the novena. Pray both with faith. Offer them for the intentions you wrote down yesterday.

[GREAT NOVENA · DAY 1 OF 9](#)

[PENTECOST NOVENA · DAY 1 OF 9](#)

Join Tomorrow's Tournament

Saturday, May 16

Theme: Marian Titles and the Litany of Loreto.

Catholics from every continent will be playing. Rise to the top of the global leaderboard and become a champion of the second tournament of the Month of Mary 2026.

How to Prepare

Before the tournament, read and pray through these passages. They are the heart of tomorrow's questions:

- Song of Songs 6:10 — Who is she that cometh forth as the morning rising?
- Revelation 12:1 — The woman clothed with the sun
- John 19:25–27 — Mary at the foot of the cross
- Exodus 25:10–22 — The Ark of the Covenant
- Luke 1:43 — The mother of my Lord

Study the Litany of Loreto tonight. Pay special attention to the Old Testament types of Mary: the Ark, the burning bush, the New Eve, Bathsheba as queen mother. Learn the story of Saint John Bosco and Pope Pius VII. Ask the Holy Spirit to make these ancient titles alive in your heart.

[CLICK HERE TO JOIN NOW](#)

Or check Mary Our Help App

Share This Devotional

A refuge is only a refuge if people know where to find it. Send this devotional to someone being hunted by fear, sorrow, or shame. Point them to the Mother.

“Beneath thy protection we seek refuge, O Holy Mother of God.” (The oldest prayer to Mary, 3rd century)

DAY 16

Saturday, May 16, 2026

Comforter of the Afflicted

Scripture

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort, who comforteth us in all our tribulation; that we also may be able to comfort them who are in all distress, by the exhortation wherewith we also are exhorted by God.

2 Corinthians 1:3–4

Reflection

Yesterday Mary was our refuge. Today she is our comfort. There is a difference. A refuge protects us

from what is coming at us. Comfort meets us inside what has already happened. Today we give a name to the grief that is already in us, and we bring it to the Mother whose own heart was broken.

The Litany of Loreto calls Mary Comforter of the Afflicted. In Latin, *Consolatrix Afflictorum*. This title is ancient. It comes from centuries of Christians discovering, in their deepest sorrows, that Mary has a unique power to console. Not to remove every pain. Not to explain every wound. But to be present inside the sorrow with a tenderness no one else can give.

Paul writes to the Corinthians that God is the Father of mercies, the God of all comfort. Every true comfort begins in the Father. But the Father gives that comfort to us in many ways. One of the ways He comforts us is through the heart of Mary.

She is not the source of the comfort. She is the conduit. God has chosen to pour a particular tenderness through her that He knew would reach hearts that other comforts could not reach.

Think about why this is. Mary has suffered everything a human heart can suffer without sinning. She was misunderstood when she was pregnant with Jesus. Joseph almost left her quietly before the angel explained. She fled her homeland as a refugee. She searched for three days when she thought she had lost her Son. She watched Him be rejected, mocked, and crucified. She held His dead body in her arms. She buried Him. Mary knows grief.

But she also knows resurrection. She saw her Son rise. She received Him back, not for three more years, but forever. And because she has walked the full arc from sorrow to resurrection, she is

uniquely qualified to sit beside those who are still in the sorrow and whisper, Do not lose heart. The end of the story is not what you are feeling right now.

Brother, sister, if you are afflicted today, if you are carrying a grief that no one around you understands, if you feel the weight of something that has been heavy for a long time, come to Mary. Speak to her. Tell her what the affliction is. She can handle it. She has handled worse. She sat at the foot of the cross without breaking.

Paul says something striking. The God of all comfort, who comforteth us in all our tribulation, that we also may be able to comfort them who are in all distress, by the exhortation wherewith we also are exhorted by God (2 Corinthians 1:4). Comfort received is comfort for giving. Whatever tenderness you receive from Mary today is not

only for you. It is a deposit. It will come out of you, through your words, through your presence, through your prayers, to reach someone else who is grieving. Mary makes us consolers by consoling us first.

This is one of the great ministries of the Church. The afflicted become the comforters. The broken become the healers. The ones who have known the depth of grief become the ones who can sit with others in their grief without rushing to fix it. And Mary is the great teacher of this ministry. Sit with her long enough, and she will teach you how to sit with others.

Today, on the second day of the novena, name your affliction. Not to complain. Not to rehearse the pain. To surrender it. Tell Mary exactly what it is. And ask her for two graces. First, ask her to comfort your heart. Second, ask her to make you a

carrier of that same comfort to someone else who needs it this month.

The Church is a communion of afflicted hearts learning, under the gaze of Mary, to comfort one another. Today you join that great work. Today you become what she is. A consoler.

Intention

For the grieving, for the bereaved, for all who weep tonight in hidden places, and for every soul in distress that only the tenderness of Mary can reach.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Comforter of the Afflicted, is with me in every sorrow I carry.

- 2.** I receive the comfort of the Father through the tender heart of His Mother.
- 3.** I reject despair, resignation, and the lie that no one understands my grief.
- 4.** I declare that Mary stood at the cross. She can stand with me in mine.
- 5.** I receive grace not only to be comforted but to become a comforter to others.
- 6.** I reject the isolation that grief tries to build around my soul.
- 7.** I declare that every sorrow I carry is being woven into a ministry of consolation.
- 8.** I receive the assurance that resurrection is the end of my story, not the pain.
- 9.** I step into today beside the Mother who wept and did not break.
- 10.** I declare that the God of all comfort is comforting me now, in Jesus' name. Amen.

Closing Prayer

Mary, Comforter of the Afflicted, hold my sorrow in your heart. Teach me the tenderness that comforts others. Walk with me through this novena and bring me to Pentecost with a healed and generous heart. Amen.

Say the Holy Rosary

The Sorrowful Mysteries carry us beside Mary through her grief. Pray one decade of them today and entrust your affliction to her.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Pray the Novena Today

Today is Day 2 of the novena. Keep the rhythm. Offer both novenas today for the grieving around the world and for every intention on your heart.

GREAT NOVENA · DAY 2 OF 9

PENTECOST NOVENA · DAY 2 OF 9

Today's Tournament is Live

Theme: Marian Titles and the Litany of Loreto.

The global leaderboard is open. Catholics from every continent are playing right now. If you prepared last night, rise up and take your place. If you did not, pray for guidance and play anyway. The Mother of God is the one you are honoring.

Quick Review Before You Play

A final reminder of the key points:

- Old Testament types: Ark of the Covenant, burning bush, Bathsheba as queen mother, New Eve
- Key titles: Seat of Wisdom, Morning Star, Tower of David, Ark of the Covenant
- May 24 is Our Lady Help of Christians. Pope Pius VII instituted the feast in 1815 after his release from Napoleon's captivity. Saint John Bosco spread the devotion in the nineteenth century.

[CLICK HERE TO JOIN NOW](#)

Or check Mary Our Help App

Share This Devotional

Someone you know is grieving right now. They may not say it. They may look fine on the outside. Send this devotional today. Let the Comforter of the Afflicted reach them through you.

DAY 17

Sunday, May 17, 2026

Seventh Sunday of Easter

Mother of Sorrows

Scripture

Now there stood by the cross of Jesus, his mother, and his mother's sister, Mary of Cleophas, and Mary Magdalen. When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother. And from that hour, the disciple took her to his own.

John 19:25–27

Reflection

The Sunday Gospel for today is from the great high priestly prayer of Jesus in John 17, where He prays for His disciples on the night before His passion. Holy Father, keep them in thy name whom thou hast given me; that they may be one, as we also are (John 17:11). That is the prayer we carry with us this Sunday. Jesus prayed for His Church. He prayed for unity. He prayed for protection. And at the foot of His cross, the next chapter of John's Gospel, He gave His Church the Mother who would guard that prayer for us through the centuries.

Today on the third day of the novena, we place ourselves at the foot of the cross with Mary. We do not look away. We look at her. We look at what her love cost her. And we receive from her the grace she received that day: the grace to stand.

The world does not teach us how to stand beside suffering. The world teaches us how to run from it. Turn your eyes away. Change the channel. Numb the pain. Anything to escape. But Mary did not run. Four women are named at the foot of the cross, and the first name is hers. She stood. The Gospel is very careful about this word. She did not collapse. She did not faint. She stood. The Greek word is *heistekei*, a word that describes a soldier holding his post. Mary was on duty. She would not leave her Son.

And in that moment, Jesus gave her to us.

Woman, behold thy son.

Notice He did not say, Mother, behold John. He said, Woman, behold thy son. He was using the word He used only twice to address her: at Cana, and here. The Church Fathers have always seen something deeper in that word. At Cana, she was

the Woman of Genesis 3:15, the one whose seed would crush the serpent. Here at the cross, she is the Woman whose motherhood is being expanded from one Son to all the sons and daughters of God. She is being given to the whole Church.

And then He says to John, Behold thy mother. John, in that moment, is standing in for every disciple who would ever believe. John is standing in for you. When Jesus told John to behold his mother, He was telling you the same thing. Look at her. Take her. Bring her home. From that hour, the disciple took her to his own.

That is the question today. Have you taken her to your own? Does Mary live in your home? Does she live in your car, on your lips, in your heart? Or is she a distant figure, honored politely once a year when the month of May comes around? Jesus did

not give her as a memory. He gave her as a Mother.

There is something else at the cross. Mary became the Mother of the Church at the moment she was losing her natural Son. The sword Simeon had prophesied thirty-three years earlier was going through her soul in that instant. And as it went through her, her heart did not close. It opened. It opened wide enough to receive John, and through John every believer who would ever come. Her sorrow was the very thing that made her our Mother.

This is the mystery of Mother of Sorrows. Her grief did not make her smaller. It made her larger. It did not harden her heart. It enlarged it. Every pang of her Son's passion stretched her motherhood until it could contain us all.

Brother, sister, if you have ever wondered whether your grief has a meaning, wonder no longer. Look at Mary at the cross. Her suffering, united with her Son's, became the birthing room of the Church. Your suffering, united with Christ, can become the birthing room of unknown graces for people you will never meet on this side of heaven.

Today, the third day of the novena, stand at the cross with Mary. Pray for the persecuted Church around the world. Pray for every Christian in prison, in hiding, under threat of death for the name of Jesus. They are suffering what Christ suffered. Mary is with them, just as she was with her Son. And she is with you.

Take her to your own today. Bring her home.

Intention

For the persecuted Church in every land where Christians face prison or death, for the grace of the faithful to stand and not run, and for every soul at the foot of their own cross today.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Mother of Sorrows, is my Mother, and I take her to my home today.
- 2.** I receive the grace to stand at the foot of every cross in my life, as Mary stood at her Son's.
- 3.** I reject the temptation to run from suffering, to numb pain, or to turn my eyes away.
- 4.** I declare that my sorrow, united with Christ's, is birthing graces I cannot yet see.
- 5.** I receive the enlargement of heart that only grief rightly carried can give.

6. I reject bitterness, self-pity, and the coldness that suffering can breed.

7. I declare that I stand with the persecuted Church today, as Mary stood with her Son.

8. I receive a sword-tempered love that opens wider under pressure instead of closing.

9. I step into today as a son or daughter of Mary, under her mantle, at the foot of the cross.

10. I declare that the sorrow of the Mother of God becomes the strength of her children, in Jesus' name. Amen.

Closing Prayer

Mother of Sorrows, teach me to stand. Take me into your heart as Jesus took you into ours.

Make my suffering a birthing room of graces for others. Amen.

Say the Holy Rosary

The Sorrowful Mysteries walk you beside Mary through the passion of her Son. Pray one decade today slowly, with your eyes on the cross.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Pray the Novena Today

Today is Day 3 of the novena.

[GREAT NOVENA · DAY 3 OF 9](#)

[PENTECOST NOVENA · DAY 3 OF 9](#)

Share This Devotional

A Sunday gift for someone you love. Send this devotional today to a believer who is carrying a cross and does not know Mary is standing with them.

DAY 18

Monday, May 18, 2026

Queen of Martyrs

Scripture

These are they who are come out of great tribulation, and have washed their robes, and have made them white in the blood of the Lamb.

Revelation 7:14

Reflection

The fourth day of the novena gives us a title that carries the weight of two thousand years of Christian blood. Queen of Martyrs. In Latin, Regina Martyrum. The Church has called Mary this since the earliest centuries, and the reason is

both simple and profound. Mary suffered as much as any martyr without losing her life. She died without dying. She shed no blood, and yet her heart bled for every drop her Son shed. If the martyrs are those who gave everything for Christ, Mary is their queen, because she gave everything before any of them ever did.

There is a theology here that the Church has always quietly held. When we speak of martyrs, we speak of blood witnesses. Those who testified to Christ with their lives. Stephen stoned outside the city walls. Peter crucified upside down in Rome. Paul beheaded on the Ostian Way. Agnes, only twelve years old, killed for refusing to marry a pagan. Lawrence on the gridiron. Perpetua and Felicity in the arena. Thomas More on the scaffold. And in our own time, the priests and nuns murdered in Mexico in the nineteen twenties, the

Christians of northern Nigeria killed for being Christian, the believers of the Middle East driven from their ancestral homelands.

Every one of these martyrs died with Mary's name on their lips, or in their hearts. And every one of them was following the path she walked first.

But notice the scripture. These are they who are come out of great tribulation, and have washed their robes, and have made them white in the blood of the Lamb. The martyrs are not honored because they suffered. They are honored because their suffering was united to Christ's. Their blood became holy because it was mixed with His. Without the Lamb, their sacrifice would have been tragedy. With the Lamb, their sacrifice became glory.

Mary is the first and greatest witness of this mystery. She was the first to unite her suffering to

her Son's. Before any apostle understood, before any early Christian had a theology of martyrdom, Mary had already pioneered it at the foot of the cross. She offered her sorrow in union with His sacrifice. And the fruit of that offering was the birth of the Church.

Brother, sister, the age of martyrdom is not over. It never ended. More Christians have been killed for their faith in the last hundred years than in all the previous nineteen centuries combined. You may be reading this in a country where it is dangerous to be Catholic. You may be reading this in a country where it is merely unfashionable. Either way, you are being called to be a witness. Some witnesses give their blood. All witnesses give their lives, in the ordinary currency of choices, words, sacrifices, and quiet faithfulness.

Queen of Martyrs does not only reign over those who died for Christ. She reigns over every believer who is laying down their life for Him day by day. The young mother who sacrifices sleep to raise her children in the faith. The worker who refuses to compromise his conscience when it would cost him nothing to nod along with evil. The priest who keeps showing up at the hospital bed and the prison cell. The student who prays before a meal in a hostile classroom. The widow who keeps her Rosary beside her pillow. All of these are witnesses. All of these are under the mantle of the Queen of Martyrs.

Ask her today for the grace you need to witness in your own life. Ask her for the grace of courage. Ask her for the grace of perseverance. Ask her, especially, for the grace of joy. The early martyrs went to their deaths singing. They did not die as

victims. They died as victors, because they had already seen, with Mary, that no power on earth could take Christ from them.

Today, the fourth day of the novena, pray for the martyrs of our own generation. Name them if you know their names. Pray for the nameless ones too. Pray that the blood of the martyrs may become, as the ancient Church said, semen Christianorum. The seed of new Christians. New believers rising up from the ground where the saints have fallen. Queen of Martyrs, pray for your witnesses.

Intention

For every Christian killed for the faith this year, for the martyrs of Nigeria and Africa and the Middle East, and for the grace of fearless witness in every believer.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Queen of Martyrs, is my Mother, and I walk under her crown today.
- 2.** I receive the courage to be a witness of Christ in my generation.
- 3.** I reject fear of persecution, fear of rejection, and fear of the cost of discipleship.
- 4.** I declare that my daily sacrifices, united with Christ, are part of the great cloud of witnesses.
- 5.** I receive the joy of the martyrs, who sang even in the arena.
- 6.** I reject spiritual cowardice and the lukewarm faith that keeps silent to keep comfortable.
- 7.** I declare that the blood of the martyrs is the seed of the Church, and I am part of the harvest.

8. I receive perseverance to keep showing up in every ordinary act of faith the Lord has given me.

9. I step into today as a witness, knowing the Queen of Martyrs reigns over my witness.

10. I declare that no power of hell can overcome those who belong to Christ through Mary, in Jesus' name. Amen.

Closing Prayer

Queen of Martyrs, pray for your witnesses today.

Give me the courage to speak, the joy to endure, and the love to lay down my life where I am placed. Amen.

Say the Holy Rosary

Every bead of the Rosary joins you to the great company of witnesses who prayed it before you.

Pray one decade today with them.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Pray the Novena Today

Today is Day 4 of the novena. Pray both novenas today for the martyrs and for courage in your own witness.

[GREAT NOVENA · DAY 4 OF 9](#)

[PENTECOST NOVENA · DAY 4 OF 9](#)

Share This Devotional

Christians are dying for the faith somewhere in the world today. The least we can do is tell each other

the stories. Send this devotional. Remember the martyrs together.

“Be thou faithful until death: and I will give thee the crown of life.” (Revelation 2:10)

Month of Mary 2026 · Mary Our Help · Day 18 of 31

DAY 19

Tuesday, May 19, 2026

Queen of Confessors

Scripture

Every one therefore that shall confess me before men, I will also confess him before my Father who is in heaven. But he that shall deny me before men, I will also deny him before my Father who is in heaven.

Matthew 10:32–33

Reflection

Yesterday we honored Mary as the Queen of those who died for Christ. Today we honor her as the Queen of those who lived for Him. The Litany of Loreto calls her Regina Confessorum, Queen of

Confessors. This is not a reference to the sacrament of confession, though she is the Mother of every penitent. A confessor, in the old language of the Church, is a saint who witnessed to Christ by the whole shape of their life. Every Christian who stands up for the faith in public, in private, in the small moments and the great ones, is a confessor in the making.

Jesus was direct about this. Every one therefore that shall confess me before men, I will also confess him before my Father who is in heaven. The word is demanding. To confess Christ is to name Him, to own Him, to be seen with Him, to refuse to hide your belonging. In the early Church, a confessor was often someone who had been arrested for the faith and had publicly admitted to being a Christian, even under torture, but was not killed. Rome would sometimes let them go,

battered and scarred, and the Church honored them for the rest of their lives.

Today, you may never be arrested. But you are confessing Christ every day, one way or another. Every time you make the Sign of the Cross before a meal in a restaurant where nobody else is praying, you are confessing Him. Every time you keep a Rosary beside your bed in a home where no one else prays, you are confessing Him. Every time you refuse to laugh at a joke that mocks the sacred, you are confessing Him. Every time you forgive when the world expects you to strike back, you are confessing Him. Every time you raise your children in the faith despite a culture that tells you not to, you are confessing Him.

Mary is the Queen of all these confessors. Why? Because she was the first. From the Annunciation onward, her whole life was a confession of Christ.

She confessed Him to Elizabeth in the Visitation. She confessed Him in the Magnificat. She confessed Him at Cana. She confessed Him by standing at the foot of the cross when others fled. She confessed Him in the upper room, gathering the Church around His name. Her every breath was a confession.

Brother, sister, the world is watching whether you will confess Christ or deny Him. It does not always ask the question openly. Often it asks through pressures, through mockery, through the fear of being thought strange or outdated or difficult. The temptation to deny Christ rarely comes as a loud demand. It comes as a quiet suggestion that it would be easier if you just kept your faith to yourself. If you just stopped mentioning Him. If you just blended in.

The Queen of Confessors is raising up a new generation of witnesses who will not blend in. She is forming souls who will make the Sign of the Cross in public. Who will wear the Rosary. Who will say grace before meals. Who will speak the name of Jesus without apology. Who will teach their children to do the same. Every one of these souls is under her crown.

The scripture has a sharper edge too. He that shall deny me before men, I will also deny him before my Father who is in heaven. This is a warning Jesus did not soften. Denying Him has consequences. But do not read this as a threat from a harsh master. Read it as a promise from a serious Savior. He is telling you that every time you confess Him, He confesses you. He names you before the Father. He owns you. He claims you.

What you do for Him in this life, He will do for you in the next, multiplied beyond imagining.

Today, on the fifth day of the novena, ask the Queen of Confessors for one specific grace. Ask her for the courage to name Christ where you would normally stay silent. One conversation. One prayer before a meal. One sign of the cross when you think nobody sees. One text message to a friend with a verse of scripture. Start there. Let Mary form in you the boldness of her own confessing heart.

The world needs confessors more than it needs arguments. It needs witnesses more than it needs experts. Mary is raising them. Be one of them.

Intention

For every soul called to speak the name of Christ in a difficult environment, for bold

witnesses in every workplace and family, and for a generation of Catholics who will not hide their faith.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Queen of Confessors, is my Mother, and I confess her Son today.
- 2.** I receive the boldness of the Holy Spirit to speak the name of Jesus where He sends me.
- 3.** I reject the spirit of shame, silence, and secret discipleship.
- 4.** I declare that every small confession of Christ I make is seen and received in heaven.
- 5.** I receive the courage to make the Sign of the Cross in public, to pray before meals, to name the Lord without apology.

6. I reject the fear of being thought strange, outdated, or difficult for loving Jesus.
 7. I declare that Jesus is confessing me before His Father in the same measure I confess Him before men.
 8. I receive the grace to raise my children, to speak to my friends, to witness to my colleagues, with boldness and love.
 9. I step into today as a confessor of Christ, walking under the mantle of the Queen of Confessors.
 10. I declare that the name of Jesus will not be hidden in my life, in Jesus' name. Amen.
-

Closing Prayer

Queen of Confessors, put the name of Jesus on my lips today. Give me the courage to confess Him in every place He sends me. Amen.

Say the Holy Rosary

The Rosary itself is a confession of Christ, bead by bead, mystery by mystery. Pray one decade today as a public witness to your faith.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Pray the Novena Today

Today is Day 5 of the novena

[GREAT NOVENA · DAY 5 OF 9](#)

[PENTECOST NOVENA · DAY 5 OF 9](#)

Share This Devotional

Sending this devotional to someone is itself a confession of Christ. Send it today to a friend or

family member who has been afraid to speak the name of Jesus. Let them see you are not afraid.

“I am not ashamed of the gospel. For it is the power of God unto salvation.” (Romans 1:16)

Month of Mary 2026 · Mary Our Help · Day 19 of 31

DAY 20

Wednesday, May 20, 2026

Tower of Ivory

Scripture

Thy neck is as a tower of ivory... Thou art all fair, O my love, and there is not a spot in thee.

Song of Songs 7:4, 4:7

Reflection

There is an image in the Litany of Loreto that stops many believers the first time they hear it. Tower of Ivory. Turris Eburnea. What does it mean? Why do we call Mary a tower? Why ivory? The image comes from the Song of Songs, the ancient love poem of the Bible. The bride is

praised with images of towers, gardens, flocks, and vineyards. For centuries the Church has read the Song of Songs as a song of Christ's love for His people, and in a particular way, Christ's love for Mary, the most perfect member of His Church. Every beautiful image in that poem finds its fulfillment in her. She is the garden enclosed. She is the fountain sealed. She is the tower of ivory.

Why a tower? A tower has three properties. A tower is tall. A tower is strong. A tower is visible from far away. Mary is all three. She is tall in grace, standing above every other creature in the height of her holiness. She is strong in faith, unshaken through every trial from Nazareth to the cross to the upper room. And she is visible, which is to say she is known, honored, and loved by the whole household of God across every century and continent.

Why ivory? Ivory in the ancient world was the material of royalty. King Solomon sat on a throne of ivory overlaid with gold. Ivory is the color of purity, of the unstained, of what has not been defiled. When the Litany calls Mary a Tower of Ivory, it is saying her strength is pure, her height is pure, her visibility is pure. There is no shadow in her. She is the unspotted one, the immaculata, the one whose whole being gleams with the brightness of grace.

This is where the sixth day of the novena gives us a specific gift. We ask Mary to teach us about purity, yes, but also about strength. In our age, purity has been reduced to a sexual category. That is too small. Purity in the biblical sense is undivided love. It is a heart that is not split between God and idols. It is a soul that has one master. When the Lord blesses the pure in heart

and promises they shall see God, He is speaking of undivided hearts. Hearts that are not scattered across a thousand rival loves.

Mary is the Tower of Ivory because her love was undivided. She loved only God. And because she loved only God, she had room in her love for every one of us. This is the paradox the saints have known for centuries. The more undivided your love for God, the wider your heart grows for every person He has made. A heart that is shared between God and idols becomes narrow. A heart that belongs only to God becomes infinite.

Brother, sister, today ask Mary for the grace of an undivided heart. Name the idols that have been competing with God in your life. They do not have to be dramatic. For most of us, the idols are small and familiar. The phone that knows us better than our prayer life. The worry that consumes the hours

prayer should have. The comparison that steals the joy meant for gratitude. The comfort that has grown larger than the mission. Lay each one at the foot of the Tower of Ivory today and ask her to help you tear it down.

There is also a prayer for our leaders hidden in today's title. The intention for today is wisdom in leaders. Why? Because a tower stands as a landmark for those who travel. A tower helps a people find their way home. Our world is starved of true leaders who stand like towers, visible and pure, strong and undivided in their allegiance to what is good. Pray today for your bishop, your parish priest, your pastor, your civic leaders, your family leaders, the heads of your workplace. Pray that they become towers of ivory in their own sphere. Pray especially for the Holy Father, the

one who stands as a visible tower for the whole Church.

Mary is the pattern. She is the mother of every leader who wishes to serve well. Ask her to form leaders in our generation who are strong, pure, and visibly belonging to God.

Intention

For the Pope, for all bishops and priests, for civic leaders, for fathers and mothers of families, and for wisdom to fill every soul in authority in our generation.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Tower of Ivory, is my Mother, and her undivided heart is the pattern for mine.

2. I receive the grace of an undivided heart, with one Master and one Lord.

3. I reject every idol that has competed with God for my love, and I name them before Him.

4. I declare that my heart belongs to God alone, and in that belonging it is made wide for others.

5. I receive the purity that the Lord promises to those who seek Him with their whole heart.

6. I reject the scattering of my attention across a thousand rival loves.

7. I declare that the leaders of my Church and my nation are being formed by the Mother of God.

8. I receive wisdom for every place of authority the Lord has placed me, in family, in work, in community.

9. I step into today as a tower under construction, rising day by day in the likeness of Mary.

10. I declare that my love will grow wider the more it belongs to God alone, in Jesus' name. Amen.

Closing Prayer

Tower of Ivory, teach me to be pure in love and undivided in heart. Form the leaders of our generation in your image, and raise up towers where the world most needs them. Amen.

Say the Holy Rosary

The Rosary is a ladder. Each decade lifts you higher into the presence of God. Pray one decade today and climb toward the Tower.

PRAY WITH THE MARY OUR HELP
ROSARY APP

Pray the Novena Today

Today is Day 6 of the novena.

GREAT NOVENA · DAY 6 OF 9

PENTECOST NOVENA · DAY 6 OF 9

Share This Devotional

Send this devotional to a leader you know. A priest. A parent. A manager. A teacher. A friend in a difficult role. Every leader needs to see the Tower that shows them where to stand.

“Freely you have received, freely give.” (Matthew 10:8)

DAY 21

Thursday, May 21, 2026

Morning Star

Scripture

And we have the more firm prophetic word: whereunto you do well to attend, as to a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts.

2 Peter 1:19

Reflection

Some of the most ancient titles of Mary come not from doctrine but from wonder. Morning Star is one of them. Stella Matutina. For centuries, before alarm clocks and electric lights, shepherds and

sailors and travelers knew the morning star well. It is the last star to fade as the sun rises. When the sky is still black and the night is still heavy, the morning star shines brightest. And then, just before the dawn breaks open the world, the star yields its light to the greater light of the sun.

This is why the Church gave this title to Mary. She is the last and brightest light of the old night. She is the herald of a greater dawn. She shines, not for her own sake, but to tell us that the Sun of Righteousness is about to rise. Her whole being is a promise that Christ is coming. And because she preceded Him in time, she continues to precede Him in grace. Wherever Mary goes, Jesus follows. Wherever she is honored, He is soon to appear.

Peter, in his second letter, gives us a verse that could have been written to describe Mary without ever naming her. A light that shineth in a dark

place, until the day dawn, and the day star arise in your hearts. The morning star rising in our hearts. That is what Mary does. She rises first. She comes before Christ in our interior life, preparing the soul, softening the ground, calling us to look up, calling us to keep our eyes on the horizon because the dawn is coming.

There is a reason she is especially precious to believers in darkness. When the world is heavy, when the news is full of grief, when the Church itself seems to be passing through a long night, the Morning Star shines. Look at the history of the Church. Every time the hour has seemed darkest, Mary has appeared somewhere. Guadalupe in 1531, when the Aztec empire had just fallen and millions were searching for meaning. Lourdes in 1858, when Europe was entering the age of unbelief. Fatima in 1917, when the world was

bleeding out in the First World War. Kibeho in Rwanda beginning in 1981, before the genocide the prophecies warned of. Every apparition is a morning star moment. The night is long, but Mary is lighting the horizon.

Brother, sister, are you in a dark place today? Let the seventh day of the novena bring you a word of hope. The Morning Star is shining. Even if the night has lasted so long that you have forgotten what dawn looked like, the Morning Star is shining. Do not measure the length of the night. Measure the brightness of the star. That is where God is pointing you.

Peter says the Morning Star rises in your hearts. This is the personal word today. Mary does not only shine in the heavens. She rises inside the soul of every believer who welcomes her. When you take her into your home, as John took her from the

cross, she rises inside you. Her quiet confidence becomes your quiet confidence. Her hope becomes your hope. Her eyes, fixed on the horizon, lift your own eyes when you have been looking at the ground for too long.

This is the great gift of devotion to Mary. She does not stand beside you as a distant figure. She rises inside you. She forms Christ in you. She whispers of the coming dawn even when your own prayers have gone silent. She is not just a saint you admire. She is a Mother who lives in the interior of your Christian life.

Today, ask for the grace to welcome the Morning Star into your heart. Name the night you are in. Name the darkness you have been enduring. And then tell her, Mary, rise in me. Let her presence become the proof that Christ is near.

In two days the novena will close, and the feast of Our Lady Help of Christians and Pentecost will break upon us like a dawn. You are walking toward the sunrise. The Morning Star is leading the way.

Intention

For those in darkness today, for those who have lost hope, for those walking through long nights of grief or illness or loss, and for every soul waiting for the dawn.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Morning Star, is my Mother, and her light shines over my life today.
- 2.** I receive her presence rising in my heart as a promise that Christ is coming.

3. I reject every spirit of despair, hopelessness, and the lie that the night will never end.

4. I declare that the longer the darkness has lasted, the closer the dawn is.

5. I receive the hope of the ancient Church, which has always seen Mary before the Sun of Righteousness.

6. I reject the habit of measuring the night, and I fix my eyes on the Star.

7. I declare that wherever Mary rises, Jesus follows, in my heart and in my generation.

8. I receive the grace to keep my eyes on the horizon when everything in me wants to look down.

9. I step into today with the confidence of a traveler who has seen the Morning Star.

10. I declare that the dawn is coming, the dawn is at hand, the dawn will not delay, in Jesus' name. Amen.

Closing Prayer

Morning Star, rise in me today. Lead me through every long night. Point me to the Sun of Righteousness. Bring me to the dawn of Christ. Amen.

Say the Holy Rosary

Each Hail Mary is a small rising of the Morning Star in your soul. Pray one decade today and let the light rise in you.

PRAY WITH THE MARY OUR HELP
ROSARY APP

Pray the Novena Today

Today is Day 7 of the novena. Only two days remain before the feast.

GREAT NOVENA · DAY 7 OF 9

PENTECOST NOVENA · DAY 7 OF 9

Share This Devotional

Someone you know is in the dark. They may not have said so. Send them this devotional today.

Point them to the Morning Star.

“Arise, be enlightened, O Jerusalem: for thy light is come, and the glory of the Lord is risen upon thee.” (Isaiah 60:1)

Month of Mary 2026 · Mary Our Help · Day 21 of 31

DAY 22

Friday, May 22, 2026

Ark of the Covenant

Scripture

*And whence is this to me, that the mother of
my Lord should come to me?*

Luke 1:43

Reflection

The eighth day of the novena brings us to one of the most ancient titles of Mary. Ark of the Covenant. Foederis Arca. This is not a poetic flourish invented by medieval hymn writers. It is a title written into the Gospel of Luke by the Holy Spirit Himself, for anyone with eyes to see it.

Let us slow down. In the Old Testament, the Ark of the Covenant was the most sacred object of Israel. It was a gold-covered chest that held three things: the tablets of the Ten Commandments, a jar of the manna that had fed Israel in the desert, and the rod of Aaron that had budded to show God's chosen priesthood. The Ark was the throne of God's presence on earth. It was kept in the Holy of Holies. When David tried to bring the Ark up to Jerusalem, he leaped and danced before it with all his might, and his wife Michal despised him for it. David cried out, How shall the ark of the Lord come to me? (2 Samuel 6:9).

Now read Luke 1 again. Mary travels to the hill country of Judea. She arrives at the house of Elizabeth. Elizabeth, filled with the Holy Spirit, cries out, Whence is this to me, that the mother of my Lord should come to me? Do you hear it?

Elizabeth is echoing David. David asked how the Ark could come to him. Elizabeth is asking how the Mother of the Lord could come to her. Because Elizabeth has been given grace to see what no one else has seen yet. The young woman standing at her door is the new Ark of the Covenant.

It goes deeper. The old Ark carried the Word of God written on stone tablets. Mary carries the Word of God made flesh. The old Ark carried the manna from the desert. Mary carries the true Bread that came down from heaven. The old Ark carried the rod of the true priest. Mary carries the eternal High Priest Himself. Every content of the old Ark finds its fulfillment in her womb.

And Luke does not stop there. He tells us Mary stayed with Elizabeth about three months (Luke 1:56). That is the same length of time the old Ark stayed in the house of Obed-Edom before David

finally brought it to Jerusalem. Luke is writing with the Old Testament in one hand and the life of Mary in the other, and he wants us to see the parallel.

What does all this mean for you today? It means that Mary is the holiest dwelling place in the whole of creation. She is the tabernacle God chose for His Son. She is the temple in which the Word took flesh. She is the Ark that carried the God of Israel in her very body for nine months. The reverence the Old Testament gave to the Ark, the reverence the Church still gives to the Blessed Sacrament, is the reverence we owe to her role in salvation history.

But here is the deeper word. The same God who dwelt in Mary wants to dwell in you. Saint Paul writes, Know you not that you are the temple of God, and that the Spirit of God dwelleth in you? (1

Corinthians 3:16). The holiness that was fulfilled in Mary is beginning in every believer. She was the Ark once, for nine months. You are being made into a temple of the living God for eternity. Mary is the pattern. She shows you what a soul looks like when it is completely given to the dwelling of God.

Today, on the eighth day of the novena, ask for the grace of a reverent heart. Ask Mary to teach you how to carry Christ as she carried Him. Not only in Holy Communion, though that is a great moment of carrying. But in your body, in your speech, in your hidden thoughts, in your walk through the day. Let your whole life become a little ark. Let your soul become a tabernacle where the Word is always welcome.

One more day of the novena remains. Tomorrow is the vigil of the feast. Tonight pray with

expectation. The Lord is bringing you, like David, up to Jerusalem.

Intention

For a deeper reverence in the whole Church before the Real Presence of Christ, for the grace of holy awe in every believer, and for priests who carry Christ in their hands.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Ark of the Covenant, is my Mother, and I learn reverence from her.
- 2.** I receive the grace to carry Christ in my body as the true Ark carried Him.
- 3.** I reject every casual, careless attitude toward the sacred in my life.

4. I declare that my soul is being made a dwelling place for the living God.
 5. I receive holy awe before the Real Presence of Christ in the Blessed Sacrament.
 6. I reject every profanity, every irreverence, every contempt for holy things in my speech and heart.
 7. I declare that what God did in Mary, He is beginning in me through the indwelling Spirit.
 8. I receive the reverent heart of Elizabeth, who knew the Ark when she saw her.
 9. I step into today as a little ark, carrying Christ in every place I go.
 10. I declare that my body is a temple of the Holy Spirit, and I honor Him in it, in Jesus' name. Amen.
-

Closing Prayer

Ark of the Covenant, teach me reverence. Let my body and soul become a dwelling place for the living God. Carry me through this last day of the novena into the great feast. Amen.

Say the Holy Rosary

The Rosary is a walk with the Ark through the streets of Jerusalem. Pray one decade today with reverence, aware of the One she carries.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Pray the Novena Today

Today is Day 8 of the novena. Only one day remains before the feast. Pray both novenas today with a reverent heart.

GREAT NOVENA · DAY 8 OF 9

PENTECOST NOVENA · DAY 8 OF 9

Share This Devotional

Reverence is taught, not caught. Send this devotional today to a believer who may need a reminder of the holiness of what we carry.

“Freely you have received, freely give.”

(Matthew 10:8)

Month of Mary 2026 · Mary Our Help · Day 22 of 31

DAY 23

Saturday, May 23, 2026

Vigil of Our Lady Help of Christians

Scripture

When Jesus therefore had seen his mother and the disciple standing whom he loved, he saith to his mother: Woman, behold thy son. After that, he saith to the disciple: Behold thy mother.

John 19:26–27

Reflection

Tonight is the vigil. Tomorrow is the feast. And today, on the ninth and final day of the novena, the whole Church around the world leans forward toward what God is about to do. Mary Help of

Christians has been gathering her children for nine days. Tomorrow she presents us to her Son, and the Son sends His Spirit upon us, because tomorrow is also Pentecost.

The last day of a novena is holy ground. Everything you have prayed for nine days is gathered into one final offering. The intentions you wrote down on Day 14. The burdens you named on Day 1. The confessions you made through the week. The tears you shed. The moments of faith and the moments of doubt. All of it comes together tonight.

The scripture for today returns us to the cross. Not because we are in Lent, but because Mary's ministry as Help of Christians began at the cross. Woman, behold thy son. Behold thy mother. Before He died, Jesus made a last will and testament. He had only one earthly possession left

to give. His Mother. And He gave her to the Church.

Every title the Church has used for Mary for twenty centuries flows from this moment. When we call her Help of Christians, we are saying she does what Jesus commissioned her to do from the cross. Help us. Protect us. Mother us. Bring us safely to her Son. She is not self-appointed. She is not a medieval invention. She is a gift. She was given to us by Christ Himself as He was dying.

The title Help of Christians is especially beloved in the Church. It became official in 1571, when the Christian fleet at Lepanto sailed out to meet the Ottoman navy in a battle that many believed would decide the future of Europe. Pope Pius V called the whole Church to pray the Rosary. The Christian fleet, outnumbered, won. The Pope added Help of Christians to the Litany of Loreto in thanksgiving.

Over two centuries later, Pope Pius VII, who had been imprisoned by Napoleon for years, was released on May 24, 1814. He entered Rome in triumph and, in 1815, instituted the feast of Mary Help of Christians for the whole Church. He had learned in prison what every captive eventually learns. Mary is the Mother who frees her children.

In the nineteenth century, Saint John Bosco adopted this title with a passion that became his life's mission. He built a basilica in Turin in her honor. He told his spiritual sons, the Salesians, that Mary Help of Christians was the Mother of the whole Salesian family and of every young person they would ever serve. Through Bosco's work, this title spread across the world, and it came in a particular way to Africa through missionaries who preached it from Kenya to Nigeria to South Africa. When we call Mary by this name today, we join

Lepanto and Napoleonic Rome and Bosco's Turin and the African savanna and the churches of Port Harcourt in a single cry that has echoed for centuries. Mary, Help of Christians, pray for us.

Tonight, the vigil of the feast, take stock of your nine days. What has Mary done in your heart? What intentions are still unanswered, and what intentions have already received their reply? Do not be impatient with the ones still pending. The feast is tomorrow, and the Holy Spirit is coming. He finishes what Mary begins.

Tonight, if you can, attend Mass. Spend time before the Blessed Sacrament. Light a candle in your home. Gather your family around the Rosary. Prepare your heart as a garden prepares for sunrise. Tomorrow is no ordinary day. Tomorrow Pentecost and Our Lady Help of Christians arrive

together, a double gift from the same hand of God, unfolding at the same altar.

Nine days ago you began to walk. Tonight you stand at the door of the feast. Tomorrow you cross into it. The whole Church stands with you. The angels stand with you. The saints stand with you. And Mary, the Help of Christians, is holding your hand.

Intention

For the whole Church in this final hour of preparation, for every novena intention carried for nine days, and for the great outpouring of grace to come tomorrow.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary Help of Christians is my Mother, given to me by Christ from the cross.
- 2.** I receive every grace prepared for me in this novena, named and unnamed, known and unknown.
- 3.** I reject the impatience that would ask for everything to be answered before I have finished praying.
- 4.** I declare that tonight is holy ground, the vigil of the feast, the doorway into Pentecost.
- 5.** I receive the courage to finish what I have begun, in this novena and in every devotion of my life.
- 6.** I reject every last whisper of doubt that would steal the fruit of these nine days.

7. I declare that tomorrow the Spirit will descend as He descended on Mary and the apostles in the upper room.

8. I receive a heart prepared as a garden prepares for sunrise.

9. I step into this final night in union with the whole Church, praying with every tongue and every nation.

10. I declare that Mary Help of Christians will not fail her children tomorrow, in Jesus' name. Amen.

Closing Prayer

Mary Help of Christians, on this vigil of your feast, gather every prayer we have offered for nine days. Present us to your Son tomorrow. Let the Spirit descend upon us in power. Amen.

Say the Holy Rosary

The Rosary is the perfect prayer for the vigil. Pray at least one full set of mysteries tonight. Walk through your Mother's life before the feast of her help.

**PRAY WITH THE MARY OUR HELP
ROSARY APP**

Pray the Novena Today

Today is Day 9 of the novena. The final day. Pray both novenas with every ounce of faith you have. Close the nine days with a heart wide open.

GREAT NOVENA · DAY 9 OF 9

PENTECOST NOVENA · DAY 9 OF 9

Share This Devotional

Tomorrow is the feast. Every believer who receives this devotional today will walk into the feast with you. Send it now. Let no one miss tomorrow.

“Freely you have received, freely give.”

(Matthew 10:8)

Month of Mary 2026 · Mary Our Help · Day 23 of 31

DAY 24

Sunday, May 24, 2026

*Solemnity of Pentecost · Feast of Our Lady Help of
Christians*

Our Lady Help of Christians

Scripture

And when the days of the Pentecost were accomplished, they were all together in one place... And they were all filled with the Holy Ghost, and they began to speak with divers tongues, according as the Holy Ghost gave them to speak.

Acts 2:1, 4

Reflection

Today is the feast of feasts in this month. Two great solemnities fall on the same day, and this

alignment will not return for many years. The Church around the world celebrates Pentecost, the birthday of the Church. And at the same time we celebrate Our Lady Help of Christians, the patronal feast of this ministry and of every Christian who has ever cried out to Mary for help. Today these two feasts are woven together by the hand of God. What the Holy Spirit began in the upper room, He continues now through the intercession of Mary, who was there when He first descended.

Listen to the scripture. When the days of the Pentecost were accomplished, they were all together in one place. Who was there? Acts 1 has already told us. Peter, John, James, Andrew, Philip, Thomas, Bartholomew, Matthew, James son of Alphaeus, Simon the Zealot, and Judas son of James. Eleven apostles. Some other women.

The brethren of Jesus. And at the center, Acts 1:14 names her explicitly: Mary the Mother of Jesus.

Mary was in the upper room. When the rushing wind came, she was there. When the tongues of fire appeared, one rested on her. When the apostles began to speak in every language under heaven, she was the quiet flame at the heart of that fire. She had received the Holy Spirit once before, at the Annunciation, when He overshadowed her and Christ took flesh in her womb. Now she receives Him again, not for her own sake, but for the sake of the Church she is mothering into being.

This is why today is not only Pentecost. It is Our Lady Help of Christians. Because Mary's help is not a human help. It is Spirit-filled help. She does not stand beside us with a worldly power or a political force. She stands beside us with the same Holy Spirit she received at Pentecost, the same

fire, the same wind, the same tongues of praise. When she intercedes for you, she intercedes in the power of the Spirit who raised Jesus from the dead.

Brother, sister, the whole month of May has been building to this day. Every title we have prayed, every reflection we have read, every declaration we have spoken, every decade of the Rosary, every day of the novena, every tear, every hope, every intention has been gathering like a river flowing toward this sea. Today is the sea. Today is the feast. Today the Holy Spirit descends upon every soul who has walked these twenty-four days with Mary.

Do not read this quickly. Stop. Breathe. Ask the Spirit to come upon you now, as you read these words. Ask Him for the gifts He gave in the upper room. Ask Him for wisdom, understanding,

counsel, fortitude, knowledge, piety, and the fear of the Lord. Ask Him for tongues to praise. Ask Him for the fire that does not burn out after the feast but keeps burning through the ordinary days ahead. Ask Him for what Mary received, so that you may live what Mary lived, a life bent toward Jesus in every hour.

The scripture says the apostles began to speak in many tongues. People from Parthia and Media, from Egypt and Libya, from Rome and Arabia, each heard the Gospel in their own language. The Church was born multilingual. The Church was born for every nation. This is why, on this feast, Catholics from Port Harcourt to Paris to Buenos Aires are reading this devotional in their own tongue. The same Spirit who fell on the apostles is falling on every language and every continent today.

Mary Help of Christians, on this your feast, we cry out to you. You who stood in the upper room. You who received the Spirit in power. You who have been Mother to the Church for two thousand years. Help us. Help the priests of your Church. Help the bishops, starting with the Holy Father. Help the missionaries who cross dangerous lands for Christ. Help the martyrs whose blood is being shed this very day in countries where the Gospel costs everything. Help the little ones, the forgotten, the grieving, the tempted. Help me, and help every soul reading these words.

A new Pentecost is not a slogan. It is a prayer. And this feast is the day to pray it with everything in you. Come, Holy Spirit. Come through the hands of Mary, Help of Christians. Fill your Church with fire again.

This is the peak of the month. This is the day we were made for. Today our Mother wears her crown, and the Spirit descends in power. Let your heart be wide open.

Veni, Sancte Spiritus. Come, Holy Spirit.

Intention

For a new Pentecost upon the whole Church, for the outpouring of the Holy Spirit on every believer today, and for the triumph of Our Lady Help of Christians in every nation and every heart.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that today is the feast of feasts, and the Holy Spirit is descending upon me now.

2. I receive the fire of Pentecost into my heart, my mouth, my hands, and my life.

3. I reject every spirit of fear, every spirit of heaviness, every spirit that is not the Spirit of God.

4. I declare that Mary Help of Christians stands with me today as she stood with the apostles in the upper room.

5. I receive the seven gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

6. I reject lukewarmness, and I trade it for the fire that fell on the apostles.

7. I declare that what Mary received in the upper room is being poured into me through her intercession today.

8. I receive a new Pentecost in my soul, in my family, in my ministry, and in my nation.

9. I step into today as a Spirit-filled child of the Mother of God, under her mantle and sealed with her Son's Spirit.

10. I declare that Our Lady Help of Christians reigns, the Holy Spirit is poured out, and the Church is alive, in Jesus' name. Amen.

Closing Prayer

Mary Help of Christians, on this feast of feasts, bring down the fire of Pentecost on your children. Let the Spirit fill every heart that reads these words. Come, Holy Spirit. Come, Mother of God. Come and make all things new. Amen.

Say the Holy Rosary

Today is the great day. Pray the full Rosary if you can. At the very least, pray the Glorious Mysteries, beginning with the Resurrection and ending with

the Crowning of Mary, Queen of Heaven and Earth.

PRAY WITH THE MARY OUR HELP
ROSARY APP

Share This Devotional

This is the day no believer should celebrate alone. Send this devotional to every soul in your contacts who you have been meaning to share the faith with. Today is the day. The Spirit will do what only He can do. You only need to send.

“Go ye into the whole world, and preach the gospel to every creature.” (Mark 16:15)

Month of Mary 2026 · Mary Our Help · Day 24 of 31

DAY 25

Monday, May 25, 2026

Memorial of the Blessed Virgin Mary, Mother of the Church

Mary, Mother of the Church

Scripture

All these were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with his brethren.

Acts 1:14

Reflection

Yesterday was a mountain peak. Pentecost and Our Lady Help of Christians together, the fire of the Spirit poured out, the feast of feasts. Today the Church invites us to stay on the mountain a little longer. The day after Pentecost is the Memorial of

Mary, Mother of the Church. It is not an accident. The Church has placed this memorial here on purpose. The same Mother who stood at the cross, the same Mother who gathered the apostles in the upper room, the same Mother who received the Spirit with them, is now officially named by the Church as the Mother of the whole Body of Christ. Pope Paul VI gave Mary this title in 1964 during the Second Vatican Council. He said it aloud in Saint Peter's Basilica, in front of bishops from every continent. Mary, Mother of the Church, Mother of all the faithful and of all pastors. Fifty years later, Pope Francis made this memorial obligatory for the whole Latin Church on the Monday after Pentecost. The Church wanted to make it impossible for any generation to forget what today teaches. The Mother of Jesus is the

Mother of His Body. What she was to Him in the flesh, she is to every baptized soul by grace.

Look at the scripture again. They were persevering with one mind in prayer with the women, and Mary the mother of Jesus, and with his brethren. Luke is careful. He names her specifically. Not just the women, not just the brethren, but Mary the mother of Jesus. The Holy Spirit wanted us to know she was there in the foundational moment of the Church. Before there were sacraments in the organized sense, before there were parishes, before there was any missionary journey to the Gentiles, there was Mary in the upper room, praying.

This is the motherhood the Church is celebrating today. It is not a sentimental motherhood. It is a real motherhood, exercised in prayer, in presence, in quiet authority. Mary did not preach at Pentecost. Peter did. But Peter preached because

Mary had prayed. Peter went out into the streets and thousands were converted in a single day, but only after Mary had held the upper room together for ten days of waiting. The visible ministry of the Church has always been possible because of the hidden ministry of Mary.

Brother, sister, you are a member of the Body of Christ. You are a child of Mary. The Church is not an institution you joined. The Church is a family you were born into, and the Mother of that family is Mary. Every sacrament you have received has come to you through the Church she mothers. Every priest who has absolved you has stood in a line of priesthood she prays for. Every Mass you have attended has taken place in a Church she nourishes. You did not choose your natural mother. God chose her for you. And God also

chose Mary to be your spiritual Mother, before you could even ask.

Today is especially important for mothers. The intention for today is for all mothers and spiritual mothers. Natural mothers who raised children in the faith, often at great cost. Adoptive mothers who opened their homes. Foster mothers who took in the children nobody else wanted. Stepmothers who loved children they did not birth. Spiritual mothers who have discipled the young, mentored new Catholics, prayed for strangers, taught Sunday school, cooked meals for the poor, walked alongside the lonely. Every one of these mothers is sharing in the maternal work of the Mother of the Church.

Today also ask for the grace to honor your own mother, if she is still alive. Call her. Visit her. Write her. If she has gone before you, pray for her

soul. Offer a Mass for her. And if your relationship with her is painful or broken, bring that pain to Mary today. The Mother of the Church knows how to mother what is unmothered. She has room for every wound of every broken home.

One more thought before we close. The fire that fell yesterday at Pentecost was not meant to stay yesterday. It was meant to spread today. The gifts of the Spirit are not souvenirs from a feast. They are tools for the mission. Mary, Mother of the Church, is sending you out today. Yesterday you received. Today you carry what you received into the ordinary hours of the week ahead.

The peak is not the end. The peak is the sending.

Intention

For all natural mothers, adoptive mothers, foster mothers, and spiritual mothers, for every woman

who has loved a child in any form, and for the healing of every wound in every mother-child relationship.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary is the Mother of the Church and my Mother, from the cross to the upper room to today.
- 2.** I receive her maternal care over every area of my life, as she cared for the apostles in the upper room.
- 3.** I reject every spirit of spiritual orphanhood, and I claim my place as a child of the Mother of God.
- 4.** I declare that my natural mother and every mother who has loved me is honored today in the heart of Mary.

5. I receive healing for every wound in my relationship with my mother, living or deceased.

6. I reject every bitterness, every resentment, every unresolved grief connected to motherhood in my story.

7. I declare that the hidden motherhood of prayer is more powerful than the visible work of the world.

8. I receive the grace to spiritually mother others, through prayer, through presence, through quiet love.

9. I step into today as a child of Mary, sent out from the upper room into the mission of the week ahead.

10. I declare that what I received at Pentecost, I will carry into the ordinary, in Jesus' name.

Amen.

Closing Prayer

Mary, Mother of the Church, hold me today as you held the apostles in the upper room. Heal every wound in my history of motherhood. Bless every mother I have ever known. Send me out with the fire of yesterday, into the ordinary hours of today. Amen.

Say the Holy Rosary

The Rosary is the prayer of the Mother of the Church, passed from one generation of her children to the next. Pray one decade today as a member of her family.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Today is for mothers. Send this devotional to your mother if she is alive. Send it to a mother who has lost a child. Send it to a spiritual mother who has formed you in the faith. Every mother needs to know she is seen by the Mother of the Church.

“Freely you have received, freely give.”

(Matthew 10:8)

Month of Mary 2026 · Mary Our Help · Day 25 of 31

DAY 26

Tuesday, May 26, 2026

Spouse of the Holy Spirit

Scripture

And the angel answering, said to her: The Holy Ghost shall come upon thee, and the power of the most High shall overshadow thee. And therefore also the Holy which shall be born of thee shall be called the Son of God.

Luke 1:35

Reflection

Two days past Pentecost, the Church gives us a title of Mary that the saints have loved for centuries. Spouse of the Holy Spirit. In Latin,

Sponsa Spiritus Sancti. At first the title can startle. Was Mary not the wife of Joseph? Yes, truly. But in a mystery deeper than human marriage, Mary is also described by the Church as the bride of the Holy Spirit, the creature who belongs to God with a union so complete that no other language in human experience can capture it except the language of spousal love.

Look carefully at what Gabriel said at the Annunciation. The Holy Ghost shall come upon thee, and the power of the most High shall overshadow thee. The Greek word for overshadow is *episkiasei*. It is the word the Old Testament used for the cloud of glory that covered the Tabernacle of Moses, the cloud that signaled the presence of God dwelling with His people. When the cloud overshadowed the Tabernacle, no one could enter. The glory of God filled the holy place. And here,

in Nazareth, the same word describes what happens to Mary. The glory of God overshadows her. She becomes the new Tabernacle. The Holy Spirit takes up His dwelling in her in a way He has never done and will never do again.

This is why the Church calls her Spouse of the Holy Spirit. Saint Maximilian Kolbe, the twentieth century Franciscan who died in Auschwitz, meditated on this title his entire life. He wrote that Mary is so united to the Holy Spirit that she can be called His quasi-incarnation, not in the same sense that the Son became flesh in her, but in the sense that the Spirit so totally works through her that she has become His visible instrument in the world. When the Spirit wants to act with special power, He acts through Mary. When the Spirit wants to form Christ in a soul, He calls Mary to assist Him

in the forming. She is His chosen bride, and He honors her by working through her.

This is a staggering thought. The Holy Spirit, the third Person of the Trinity, the infinite and eternal Love of the Father and the Son, has chosen to unite Himself so closely to a creature that she becomes His living instrument. Mary does not replace the Spirit. She is not equal to Him. She is a creature, and He is God. But in the order of grace, the Spirit has bound Himself to her in a way that the Church celebrates today.

Brother, sister, what does this mean for you? It means that devotion to Mary is devotion to the Spirit. When you honor her, you honor the One who made her full of grace. When you ask her to pray for you, you are asking the Spouse of the Holy Spirit to move the Holy Spirit on your behalf. This is why devotion to Mary has never been

opposed to devotion to the Spirit. The two are joined at the root. Every true Marian apparition has led souls into deeper surrender to the Spirit. Every saint who has loved Mary has been a vessel of the Spirit's work.

Saint Louis de Montfort wrote that Mary is the easiest, shortest, most perfect, and most secure way to reach Jesus. Maximilian Kolbe expanded this: she is also the easiest, shortest, most perfect, and most secure way to receive the fullness of the Holy Spirit. Because the Spirit dwells in her, those who dwell in her come under the covering of the Spirit in a particular way. This is not a shortcut around God. This is a highway through the heart of God, and Mary stands at its entrance with her arms open.

Today ask for the grace of deeper intimacy with the Holy Spirit, through Mary. Name the areas of

your life where you most need His power. The part of your character that has not yet been converted. The fear that has kept you small. The sin you cannot break on your own. The call of God that you have been avoiding. Bring each one to Mary, Spouse of the Holy Spirit. Ask her to release over these areas the same Spirit who overshadowed her at the Annunciation.

The Spirit who made Christ alive in her womb is ready to make Christ alive in you. She knows how to pray you into that reality.

Intention

For a deeper intimacy with the Holy Spirit in every believer, for the unleashing of the gifts of the Spirit in the Church, and for every soul longing for the power of God in their ordinary life.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Spouse of the Holy Spirit, is my Mother, and through her I am drawn deeper into the life of the Spirit.
- 2.** I receive the overshadowing of the Holy Spirit over every area of my life that has stayed in the shadows.
- 3.** I reject the lie that devotion to Mary competes with devotion to the Spirit.
- 4.** I declare that the same Spirit who overshadowed Mary at the Annunciation is at work in me today.
- 5.** I receive the gifts of the Spirit in greater measure, through the intercession of His bride.
- 6.** I reject spiritual fear, spiritual smallness, and spiritual isolation.

7. I declare that I am bound to the Mother who is bound to the Spirit, and no enemy can untie that knot.

8. I receive a fresh outpouring of the Spirit's power over my prayer life, my work, my family, and my mission.

9. I step into today as a soul under the overshadowing, a dwelling place for the Most High.

10. I declare that what the Spirit did in Mary, the Spirit is doing in me through her intercession, in Jesus' name. Amen.

Closing Prayer

Mary, Spouse of the Holy Spirit, obtain for me a deeper intimacy with the One who dwells in you.

Let the Spirit overshadow every shadow in my

life. Make Christ alive in me as He was alive in you. Amen.

Say the Holy Rosary

The Rosary is a prayer of the Holy Spirit breathed through the heart of Mary. Pray one decade today and open yourself to His overshadowing.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Share This Devotional

Someone you know longs for more of the Holy Spirit but does not know how to begin. Send this devotional today. Let Mary, the Spouse of the Holy Spirit, be the guide.

“Freely you have received, freely give.”

DAY 27

Wednesday, May 27, 2026

Seat of Wisdom

Scripture

*From the beginning, and before the world,
was I created, and unto the world to come I
shall not cease to be... He that made me,
rested in my tabernacle, and he said to me:
Let thy dwelling be in Jacob.*

Sirach 24:14, 12

Reflection

In the old stone churches of Europe, you will sometimes find a carved image so ancient it predates the Gothic cathedrals. It is the image of Mary seated on a throne, holding the Christ Child

upright on her lap. He faces outward, serene, often with one hand lifted in blessing. This image is called the Seat of Wisdom. *Sedes Sapientiae*. For over a thousand years, it has taught the Church a single truth: Mary is the throne from which Wisdom reigns.

The title comes from a deep vein of Old Testament scripture. The Book of Sirach and the Book of Wisdom speak of a Wisdom that existed before creation, a Wisdom who dwelt with God, a Wisdom through whom the world was made. The early Church Fathers recognized this Wisdom as Christ Himself. Christ the power of God, and the wisdom of God (1 Corinthians 1:24). And if Christ is Wisdom, then His Mother is the throne of Wisdom. She is the living seat on which the Word of God rested for nine months and from which He came forth into the world.

But a throne is more than a resting place. A throne is where authority is exercised. When a king is seated on his throne, his decrees go out from that throne. When an ancient wisdom teacher sat down, his students gathered. The seat was the place of teaching. Mary is the Seat of Wisdom because Christ the Teacher first took His seat in her. Every word of wisdom He would later speak, every parable He would later tell, every sermon He would later preach on a Galilean hillside, first grew in the hidden school of her womb. And when He stepped out of that womb and into the world, He came already formed by the silence and the prayer and the scripture she had breathed over Him every day.

This is a staggering truth about motherhood. A child's inner world is shaped by the mother who carries him. The sounds she hears, the prayers she

says, the peace or the anxiety she holds, all of it seeps into the forming soul. Jesus was truly man. He had a human soul that grew and learned and felt. And that human soul was shaped in the interior of Mary. She was His first teacher. She was His first school. She was the Seat of Wisdom in which Wisdom Himself sat down to grow.

Today, the intention for the day is for students and teachers. This is not a throwaway intention. In our age, education is under enormous pressure. Students are anxious. Teachers are exhausted. Families feel they are fighting a losing battle to pass the faith to the next generation. Classrooms have become places of confusion rather than formation. Parents wonder how to raise children in an age where every screen is trying to teach them something different from what the Church teaches.

If you are a parent, a teacher, a student, a catechist, a priest, a professor, or anyone who touches the formation of another soul, today's title is your anchor. Mary is the Seat of Wisdom. Run to her. Ask her to sit Christ down in every place you are trying to teach. Ask her to form the children you are raising as she formed Jesus. Ask her to steady the students who are drifting. Ask her to teach the teachers. Every classroom, every catechesis class, every family dinner conversation about the faith, every awkward attempt to explain Christianity to a skeptical friend, can become a Seat of Wisdom moment if you invite her in.

There is also a personal word today. You are still being formed. No matter how old you are, no matter how long you have been Catholic, there is wisdom God is still wanting to teach you. Mary is the throne where Christ the Teacher still sits down,

ready to instruct. Give Him a quiet half hour today. Open the Gospels. Read one chapter slowly. Ask Mary to open your heart as she opened her womb. The same Wisdom who came forth from her is ready to come into you.

There is an ancient prayer in the Church that simply says, *Sedes sapientiae, ora pro nobis*. Seat of Wisdom, pray for us. Pray it today. Pray it over your children, your students, your parish, your nation. The Wisdom the world has lost is not lost. He is still enthroned in the heart of His Mother. And from that throne He still teaches any soul willing to sit at her feet.

Intention

For students, teachers, catechists, parents forming the faith of their children, and for every soul seeking true wisdom in an age of confusion.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Seat of Wisdom, is my Mother, and Christ the Wisdom of God is enthroned in her.
- 2.** I receive the wisdom that the world cannot give, flowing from the throne of the Mother of God.
- 3.** I reject every voice of confusion, every spirit of worldly wisdom that contradicts the Gospel.
- 4.** I declare that my mind is being renewed by the Wisdom who took flesh in Mary.
- 5.** I receive grace for every student, teacher, and formator the Lord has placed in my life.
- 6.** I reject the anxiety, burnout, and discouragement that weigh on those who teach.

7. I declare that Christ the Teacher still sits down in the heart of every soul that welcomes Mary.

8. I receive a spirit of sound teaching, of clear thinking, and of humble learning.

9. I step into today ready to sit at the feet of the Mother, that Wisdom may speak to me.

10. I declare that the wisdom of the age passes away, but the Wisdom who sat in Mary reigns forever, in Jesus' name. Amen.

Closing Prayer

Seat of Wisdom, teach me today. Sit your Son down in my heart as He sat in yours. Form every student, every teacher, every child of the faith who crosses my life. Amen.

Say the Holy Rosary

The Rosary is a school, and Mary is the teacher.
Pray one decade today and let the Seat of Wisdom
instruct you in the mysteries of her Son.

PRAY WITH THE MARY OUR HELP
ROSARY APP

Share This Devotional

A teacher in your life needs encouragement today.
A parent is struggling to catechize their children.
A student is overwhelmed. Send this devotional.
The Seat of Wisdom is for them.

“Freely you have received, freely give.”

(Matthew 10:8)

Month of Mary 2026 · Mary Our Help · Day 27 of 31

DAY 28

Thursday, May 28, 2026

Health of the Sick

Scripture

My soul doth magnify the Lord... He hath filled the hungry with good things; and the rich he hath sent empty away.

Luke 1:46, 53

Reflection

In every village in the old Catholic world, there was a small shrine somewhere along the road where the sick were brought. Often it was a niche carved into a wall, with a simple statue of Mary holding her Son. Pilgrims would stop there on their way to and from the nearest church. They lit

candles. They left flowers. They wrote requests on scraps of paper and tucked them at her feet. The title above those shrines was usually the same. *Salus Infirmorum*. Health of the Sick.

This title is not about physical healing only, although physical healing has come through Mary's intercession many times across the centuries. Lourdes alone has recorded thousands of healings, seventy of which have been confirmed by rigorous medical and theological investigation as scientifically inexplicable. Beyond Lourdes, every Catholic hospital, every Catholic nursing home, every hospice chapel in Africa and Asia and Latin America and Europe has its own quiet record of Mary bringing peace, healing, and at times miraculous recovery to her suffering children.

But Mary is not only the Health of the physically sick. She is the Health of every sick soul. She

heals the grief that medicine cannot touch. She heals the loneliness of the elderly who cannot remember which of their children called last. She heals the fear of the young patient waiting for a diagnosis. She heals the quiet despair of the caregiver who has given everything and wonders if anyone notices. She heals the sickness of sin, which is the deepest sickness of all, by bringing the soul back to her Son for absolution and healing.

The Magnificat is the scripture for today, and it contains a phrase that has comforted the sick for two thousand years. He hath filled the hungry with good things. Every sick person knows a hunger. The hunger for health. The hunger for strength. The hunger for companionship. The hunger for meaning in the middle of pain. Mary's song promises that God Himself fills that hunger. He

does not always fill it the way we ask. Sometimes He gives healing of the body. Sometimes He gives healing of the heart while the body continues to weaken. Sometimes He gives the grace of a holy death, which is itself a healing the world cannot recognize. But He always fills the hungry. He never sends away a soul who has come to Him through Mary.

Brother, sister, if you are sick today, whether in body or in soul, today's devotional is for you. Name your illness. Name the length of time you have been carrying it. Name the doctors you have seen, the treatments you have tried, the prayers you have already prayed. Lay them all before Mary, Health of the Sick. She has heard ten thousand prayers like yours before. She has carried ten thousand sorrows heavier than yours. She has never turned away from a suffering child.

If you are well today, this devotional is still for you. You know people who are sick. You know parents whose children are sick. You know grandparents in nursing homes. You know friends in hospitals. You know neighbors recovering from surgery. Name them today. Pray for them by name. Perhaps reach out. A phone call. A text message. A visit. A meal dropped off. These small acts are the way Mary's healing tenderness reaches a world in pain. She heals through her children.

There is a particular word today for caregivers. Mothers taking care of sick children. Adult children taking care of aging parents. Nurses. Doctors. Volunteers at Catholic hospitals. You are doing holy work. You are doing what Mary did. You are the face of the Church in the room where someone is suffering. Do not grow weary. Do not lose heart. The Mother whose Son touched lepers

and raised the dead walks with you in every hospital corridor.

One final thought. The healing Mary most wants for each of us is the healing of eternity. Physical healing is a gift for a time. Eternal healing is a gift forever. At every sickbed, at every diagnosis, at every hospital admission, Mary is working for both. She will ask her Son for physical restoration when that is His will. She is always asking Him for the healing that cannot be undone.

Call her today. Health of the Sick, pray for us.

Intention

For the sick and the dying, for caregivers, for doctors and nurses and hospital chaplains, for the terminally ill, and for every soul longing for healing that only God can give.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Health of the Sick, is my Mother, and her healing hand is over my life.
- 2.** I receive her intercession for every physical, emotional, and spiritual sickness I carry.
- 3.** I reject the lie that God has forgotten the suffering and left the sick to their own devices.
- 4.** I declare that the Lord fills the hungry with good things, and He is filling me.
- 5.** I receive peace, patience, and trust in every ongoing illness in my life or in my family.
- 6.** I reject despair, self-pity, and the temptation to believe my suffering is meaningless.
- 7.** I declare that every caregiver the Lord has placed in my life is held under the mantle of the Mother of God.

8. I receive the grace to reach out to the sick around me with concrete acts of love today.

9. I step into today aware of the suffering souls in my circle, ready to be an instrument of Mary's healing.

10. I declare that the final healing is eternal life, and through Mary I walk steadily toward that healing, in Jesus' name. Amen.

Closing Prayer

Mary, Health of the Sick, heal every suffering body and every suffering soul that crosses my life. Strengthen caregivers. Comfort the dying. Bring every sick child of yours safely into the arms of your Son. Amen.

Say the Holy Rosary

Every Hail Mary is a petition for healing, spoken through the hands of the Mother. Pray one decade today for the sick on your heart.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Join Saturday's Final Tournament

Queen of Heaven · Saturday, May 30

Theme: Marian Apparitions and Saints Devoted to Mary.

Catholics from every continent will be playing. Rise to the top of the global leaderboard and become a champion of the final tournament of the Month of Mary 2026. The month is ending. Let its closing tournament be the one you prepare for with your whole heart.

How to Prepare

Before the tournament, read and pray through these passages. They are the heart of Saturday's questions:

- Revelation 12:1: The woman clothed with the sun
- Acts 1:14: Mary with the apostles in the upper room
- John 19:26–27: Behold thy mother

Study the approved Marian apparitions: Our Lady of Guadalupe in Mexico (1531), Our Lady of Lourdes in France (1858), Our Lady of Fatima in Portugal (1917), Our Lady of Kibeho in Rwanda (beginning in 1981). Learn about the Marian saints: Saint Louis de Montfort (True Devotion to Mary), Saint Maximilian Kolbe (Auschwitz martyr), Saint John Paul II (Totus Tuus), Saint John Bosco (Turin). Reflect on the meaning of

Marian consecration. Ask the Holy Spirit to fill these stories with life in your heart.

[CLICK HERE TO JOIN NOW](#)

Or check Mary Our Help App

Share This Devotional

Someone in your circle is sick today. Someone is caregiving quietly. Someone is grieving a diagnosis. Send this devotional. Let Mary, Health of the Sick, reach them through you.

“I was sick, and you visited me.” (Matthew 25:36)

Month of Mary 2026 · Mary Our Help · Day 28 of 31

DAY 29

Friday, May 29, 2026

Consolation of Migrants

Scripture

Who arose, and took the child and his mother by night, and retired into Egypt: and he was there until the death of Herod.

Matthew 2:14–15

Reflection

The triduum that closes the month begins today. Three days to honor Mary as we prepare to hand our prayer life over to the Sacred Heart of Jesus in June. And we begin with a title very close to the heart of every Catholic who has left their homeland, every family that has sent a son or

daughter abroad to seek a future, every diaspora community that keeps the faith in foreign languages. Consolation of Migrants.

The Church officially honors Mary under the title *Consolatrix Afflictorum*, Consoler of the Afflicted. She has always held a particular tenderness for those who are scattered, displaced, sent away, or far from home. The scripture for today returns us to Matthew chapter two, where we meet the Holy Family on the road to Egypt. Herod is hunting. The angel has warned Joseph in a dream. The family rises by night, takes whatever they can carry, and walks out of their homeland into an unknown future.

Let us stay in that moment. There was no embassy to call. There was no consulate to apply at. There was no paperwork to prepare. There was only a dream, an angel, a wife carrying a small child, and

a husband trying to protect them both. They crossed Sinai with desert in every direction. They arrived in Egypt as foreigners. They did not speak Egyptian the way they spoke Aramaic. They had to find work. They had to find shelter. They had to raise a child in a country that was not theirs. How long they stayed, scripture does not say clearly. Some traditions say three years. Some say longer. What is certain is that the Son of God spent the first years of His life as an immigrant.

This is a staggering truth. Mary is the Mother of every displaced person on the planet today because she was a displaced person herself. When you meet a Nigerian family that has moved to London for work, she understands. When you meet a Cameroonian student studying in Paris, she understands. When you meet a Latino family building a life in Madrid or New York, she

understands. When you meet an Italian grandmother whose grandchildren are growing up in Australia speaking a different language than she speaks, she understands. The African diaspora, the European diaspora, the Latin American diaspora, the Asian diaspora, every family separated from its roots by the pressures of the modern world, all find in Mary a Mother who knows exactly what their hearts are carrying.

The ministry this devotional serves is especially shaped by the African diaspora. Catholics of African origin are scattered across the continents, building new lives, raising new generations, often carrying the faith into countries where their witness becomes part of the evangelization of places that have grown cold. If you are reading this in a city far from your parents' village, in a country far from your own language, you are not

alone. Mary has walked that road. Her Son grew up in Egypt. She understands what it means to raise a holy child in a foreign land.

For those who have remained in the homeland while children have gone abroad, today is also for you. The mother in Port Harcourt whose sons are working in Europe. The father in Douala whose daughter studies medicine in Canada. The grandparents who know their grandchildren more by video call than by shared Sundays at Mass. Mary understands the sorrow of distance. She also knows the dignity of sending. She sent her Son into the mission, and her heart ached across every mile. She is with you.

There is a deeper prayer hidden in today's title. The Consolation of Migrants consoles not only geographical migrants but every soul who feels far from where they are meant to be. Some of us have

never left our home country, but we feel displaced inside our own lives. We have changed jobs, changed marriages, lost parents, watched our parishes shrink or our neighborhoods transform. We no longer recognize the world we grew up in. That too is a migration. That too is a distance from home. And Mary is the Consolation of every such heart.

Today, name the distance in your own life. Name the people you miss. Name the homeland you no longer see. Name the version of your own life that has grown foreign to you. Bring it all to Mary. She will not send you back by force. She will walk the new road with you. She will whisper, Wherever my Son is, there is home.

Intention

For the African diaspora, for every migrant family around the world, for those separated from homeland and loved ones, for parents whose children live far away, and for every soul who feels far from home.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Consolation of Migrants, is my Mother, and she understands every distance I carry.
- 2.** I receive her consolation over every separation in my life, geographical and interior.
- 3.** I reject the spirit of rootlessness, exile, and homesickness that tries to sink into my soul.
- 4.** I declare that wherever my Son is, there is home, and He dwells in me.

5. I receive peace for every family member far from me today, especially those I have not seen in years.

6. I reject the fear that my children, my grandchildren, my loved ones abroad will be lost to the faith.

7. I declare that the same God who protected the Holy Family in Egypt protects my family across every border.

8. I receive the grace to keep the faith alive in my home, no matter what country I live in.

9. I step into today blessing every migrant heart I know, and blessing my own.

10. I declare that my true homeland is heaven, and Mary is leading me there, in Jesus' name.

Amen.

Closing Prayer

Mary, Consolation of Migrants, hold every heart that is far from home. Walk with every family separated by distance. Teach us to build home wherever your Son is. Amen.

Say the Holy Rosary

The Rosary travels with you across every border. Pray one decade today for every migrant, every diaspora community, every family divided by distance.

**[PRAY WITH THE MARY OUR HELP
ROSARY APP](#)**

Join Tomorrow's Final Tournament

Queen of Heaven · Saturday, May 30

Theme: Marian Apparitions and Saints Devoted to Mary.

Catholics from every continent will be playing. This is the final tournament of the Month of Mary 2026. Rise to the top of the global leaderboard and become a champion of the closing feast of Mary's month.

How to Prepare

Before the tournament, read and pray through these passages:

- Revelation 12:1: The woman clothed with the sun
- Acts 1:14: Mary with the apostles
- John 19:26–27: Behold thy mother

Spend time tonight studying the approved Marian apparitions (Guadalupe, Lourdes, Fatima, Kibeho), the great Marian saints (Louis de Montfort, Maximilian Kolbe, John Paul II, John Bosco), and the meaning of Marian consecration. Ask the Holy Spirit to make these stories alive in your heart.

[CLICK HERE TO JOIN NOW](#)

Or check Mary Our Help App

Share This Devotional

Send this devotional to someone you love who lives far from home. Send it to a migrant family. Send it to parents whose children have gone abroad. Let the Consolation of Migrants reach them through you.

“Freely you have received, freely give.”

(Matthew 10:8)

Month of Mary 2026 · Mary Our Help · Day 29 of 31

DAY 30

Saturday, May 30, 2026

Queen of All Saints

Scripture

And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars.

Revelation 12:1

Reflection

The second day of the closing triduum gives us a title that lifts our eyes above the month, above the year, above time itself. Queen of All Saints. Regina Sanctorum Omnium. For thirty days we have walked with Mary through scripture, through

her titles, through her sorrows and her triumphs. Today we stand with her at the throne of heaven and see who she is in the fullness of her glory.

John the evangelist, exiled on the island of Patmos at the end of the first century, received a vision. He saw a woman clothed with the sun, the moon beneath her feet, and on her head a crown of twelve stars. The Church has read this woman as Mary, crowned in the heavens, reigning as Queen over every saint who ever belonged to her Son.

Why Queen? The answer comes from the ancient kingship of Israel. In the kingdom of David and Solomon, the queen was not the wife of the king. A king might have many wives. The queen was the mother of the king. She was called Gebirah, the Great Lady. When her son ascended the throne, she sat at his right hand. She spoke to him on behalf of the people. She wore a crown. Her

authority came from her motherhood. Bathsheba, the mother of Solomon, fulfilled this role. So did the other queen mothers of Judah, each named in the books of Kings because the Holy Spirit wanted us to know that the queen mother was central to the kingdom.

When Christ became King of all creation, the old pattern reached its fulfillment. The true King needed a true Queen Mother. That Queen is Mary. She is crowned in heaven because her Son is enthroned. She reigns because He reigns. Her queenship is not competition with His kingship. It is the natural consequence of it. Where Christ sits on the throne, His Mother sits at His right hand, crowned with twelve stars, interceding for every soul entrusted to her.

This is why we call her Queen of All Saints. Every saint in heaven owes their sainthood in some

degree to her intercession, her example, her motherhood. Saint Louis de Montfort, who wrote a whole treatise on Mary's role in forming saints, taught that the great saints of the Church have always been formed through her. Saint Francis of Assisi was a Marian soul. Saint Dominic received the Rosary from her hands. Saint Bernard preached her praises constantly. Saint Teresa of Avila called her my true Mother. Saint Thérèse of Lisieux, the Little Flower, said that to understand her life you had to understand her love for Mary. Saint John Paul II wrote Totus Tuus. Totally Yours. Saint Maximilian Kolbe offered his life under her mantle at Auschwitz. Every one of them lived and died inside her motherhood. And they are with her now, the great cloud of witnesses, standing around her throne.

Brother, sister, this is where you are headed. If you persevere in the faith, if you remain faithful to the end, if you walk with Mary through your ordinary days, you will join that crowd. You will not be a stranger there. You will be a son, a daughter, home at last. The saints you read about in books, the saints whose names you took at confirmation, the saints whose images hang in your parish, all of them are waiting for you. They stand around the Queen of All Saints, and they are praying for you now.

The intention today is for our beloved dead. It is not an accident that this intention falls on the Queen of All Saints. The souls of the faithful departed who have not yet entered heaven are being purified in the hope of joining her there. Mary is their Mother too. She prays for them. She comforts them. She hastens their purification

through the prayers of the Church. Today, name your beloved dead. Your parents, your grandparents, your friends, your children if you have lost any, your godparents, your priests, your teachers. Name them aloud or in your heart. Offer a prayer for each one. Ask the Queen of All Saints to welcome them into the company she crowns.

There is a beautiful ancient prayer called the Eternal Rest. It takes only a few seconds to pray. Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May they rest in peace. Amen. Pray it today for every soul you have ever loved who has gone before you.

Tomorrow the month closes. Tonight, stand in the company of the saints. Tonight, raise your eyes to the woman clothed with the sun. Tonight, let her crown remind you that glory is coming, and the

ordinary road of the faithful leads straight to the throne.

Intention

For all the faithful departed, for the purification of every soul in purgatory, for the beloved dead of every family, and for the grace to persevere all the way to the company of the saints.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that Mary, Queen of All Saints, is my Mother, and my home is with her and her Son forever.
- 2.** I receive the confidence that heaven is not a distant dream but a real destination prepared for me.

- 3.** I reject the lie that sainthood is for other people, not for ordinary souls like mine.
- 4.** I declare that every saint of every century is part of my family, and they are praying for me now.
- 5.** I receive peace for every beloved soul I have lost, entrusted to the Queen of All Saints.
- 6.** I reject the grief that forgets hope, and the hope that forgets faith.
- 7.** I declare that the crown of twelve stars shines over the Church in every century, including mine.
- 8.** I receive the grace to persevere to the end, to finish the race, to take my place in the great company.
- 9.** I step into today eyes lifted to heaven, walking under the reign of the Queen of All Saints.

10. I declare that the saints are praying for me, Mary is crowned in glory, and my name is written in the book of life, in Jesus' name. Amen.

Closing Prayer

Queen of All Saints, gather our beloved dead into your arms. Lead every soul in purgatory to the light of your Son. Bring me, one day, safely into the company of the crowned ones. Amen.

Say the Holy Rosary

Every Rosary joins you to the saints who prayed it before you. Pray one decade today as a member of the great company, led by the Queen.

PRAY WITH THE MARY OUR HELP
ROSARY APP

Today's Final Tournament is Live

Queen of Heaven • Today

Theme: Marian Apparitions and Saints Devoted to Mary.

The global leaderboard is open. Catholics from every continent are playing right now. If you prepared, rise up and take your place. If you did not, pray for guidance and play anyway. You are honoring the Mother of God on the eve of closing her month.

Quick Review Before You Play

A final reminder of the key points:

- Approved apparitions: Guadalupe (Mexico, 1531), Lourdes (France, 1858), Fatima (Portugal, 1917), Kibeho (Rwanda, 1981)
- Marian saints: Louis de Montfort (True Devotion to Mary), Maximilian Kolbe

(Auschwitz), John Paul II (Totus Tuus), John Bosco (Turin)

- Mary was declared Theotokos, Mother of God, at the Council of Ephesus in AD 431. The Sub Tuum Praesidium, the oldest known Marian prayer, dates from the third century.

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Or check Mary Our Help App

Share This Devotional

Send this devotional today to someone who has lost a loved one this year. Let the Queen of All Saints comfort them through you.

“Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.” (Traditional Catholic prayer)

DAY 31

Sunday, May 31, 2026

Feast of the Visitation of the Blessed Virgin Mary

Mary of the Visitation - The Month's Close

Scripture

*And Mary said: My soul doth magnify the
Lord... For he that is mighty hath done great
things to me; and holy is his name.*

Luke 1:46, 49

Reflection

The last day of May. The Church closes the month of Mary on the feast of the Visitation, and in 2026 this feast falls on a Sunday, which makes it even more fitting. Thirty-one days ago we began with the angel's greeting in Nazareth. Today we end

with Mary's song in the hills of Judea. The month began with the words, Hail, full of grace. The month ends with the words, My soul doth magnify the Lord. Between those two phrases we have walked a long road together. Today we close it.

The Visitation is the scene in which Mary, newly pregnant with Jesus, crosses the hills of Judea to visit her cousin Elizabeth. We spent a day with this scripture earlier in the month, on Day 6. Why does the Church return to it now? Because the Visitation is not only about Mary going out. It is about the Gospel going out. It is about the Mother of Christ carrying Him over mountains to reach a soul that needed Him. And on the last day of her month, the Church wants us to become like that. We have been fed for thirty days. Now we go out. We visit. We carry.

Every devotional season in the Church has this shape. You come in to receive. You go out to give. You enter Lent to be purified. You rise at Easter to proclaim. You enter May to sit at the feet of Mary. You leave May to carry her Son into the rooms of the world that need Him.

Brother, sister, look at what has happened in these thirty-one days. You have prayed a novena. You have walked through the sorrows and the triumphs of Mary. You have declared the faith aloud, day after day. You have received at Pentecost the fire of the Holy Spirit. You have stood at the foot of the cross with the Mother of Sorrows. You have rejoiced with Elizabeth and with the saints in glory. You have not been the same person for thirty days. Grace has been building a work in you whether you have felt it or not. Today you rise up.

Today you cross the mountains of your own life carrying Christ.

The scripture from the Magnificat says, He that is mighty hath done great things to me. Say that over your own life today. Whatever God has done in you this month, do not let it pass without naming it. Perhaps He has healed something. Perhaps He has opened a door that was closed. Perhaps He has given you clarity, or peace, or courage, or the ability to forgive someone you had long held at a distance. Perhaps the work has been hidden and you do not yet see it. Name what you can, and trust Him for the rest. Holy is his name.

Tomorrow, June begins. The Church enters the month of the Sacred Heart of Jesus. The devotion of June flows directly out of the devotion of May. Mary always leads us to her Son. She has spent thirty-one days preparing your heart. Tomorrow

you step into the month of the Heart that has loved you from all eternity. Mary hands you over with a mother's joy. Her whole mission is to bring you to Him. She has done it. She will keep doing it.

Before we close, let us do three things.

First, give thanks. Thank God for the grace of this month. Thank Him for the Marian title that spoke loudest to your heart. Thank Him for the days when prayer came easily and for the days when you prayed anyway. Thank Him for the people who walked this month with you.

Second, renew your consecration. If you have ever made a consecration to Jesus through Mary, renew it today. If you have never made one, begin today. The simplest form is this: I give myself entirely to Jesus, through the hands of Mary. I consecrate my body and my soul, my family and my work, my past and my future, to the Mother of God, that she

may present me to her Son. Amen. You can pray that sentence with your whole heart and begin a consecration that will last all your life.

Third, go out. Like Mary, rise up and cross the hills to someone who needs Christ. Today, this afternoon, this evening. One conversation. One visit. One text message carrying the Gospel. One invitation to a neighbor to join you at Mass next Sunday. The month ends not in a closed book but in an open door.

Beloved, the month of Mary is over. The work of Mary continues in you. She will walk with you into June and into every month of your life. Thank her today. Hold her hand. And step out into the world carrying what she has placed in you.

My soul doth magnify the Lord. Holy is His name.
Mary Our Help, pray for us. And unto June we go.

Intention

In thanksgiving for the grace of this month of Mary, for the Sacred Heart month of June ahead, and for every soul who has walked these thirty-one days and is now being sent into mission.

Personal Declarations

Pray these aloud with faith.

- 1.** I declare that my soul magnifies the Lord today, and I thank Him for all He has done in me this month.
- 2.** I receive the completed work of grace that Mary has wrought in my heart across these thirty-one days.
- 3.** I reject spiritual forgetfulness and the temptation to let this month fade from memory.

4. I declare that what the Mighty One has done in me, He will not undo. Holy is His name.
5. I receive the mission to carry Christ into every hill of my life, as Mary carried Him to Elizabeth.
6. I reject every lie that this was only a devotional exercise. This was a real transformation.
7. I declare that Mary hands me over to the Sacred Heart of Jesus for the month of June ahead.
8. I receive the grace of renewed consecration: I am totally His, through the hands of Mary.
9. I step into this last day ready to visit, to share, to love, to bring Christ to whoever crosses my path.
10. I declare that the month of Mary never truly ends, because Mary never leaves her children, in Jesus' name. Amen.

Closing Prayer

Mary, on the last day of your month, I thank you. You have walked with me through these thirty-one days. Now lead me into the month of your Son's Sacred Heart. I am totally yours. Present me to Him. Amen.

Say the Holy Rosary

Today, on the feast of the Visitation, pray the Rosary with special gratitude. Pray at least one full set of mysteries. Close your month the way you walked it, bead by bead, mystery by mystery, beside your Mother.

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SUPPORT THIS MISSION

For over a decade, Mary Our Help has brought the Gospel of Jesus Christ to souls across Africa, Europe, the Americas, and the diaspora through devotion to the Blessed Virgin Mary. Our websites, mobile applications, daily devotionals, novenas, prayer groups, Catholic social platform, and free ebooks reach tens of thousands of Catholic hearts every month. Every resource we produce is offered freely, in the spirit of Christ's own words: "*Freely you have received, freely give.*"

But the work has a cost. Server hosting, app development, translation, content creation, and the daily labor of building and maintaining this growing family of tools all require real support. We do not accept advertising. We do not sell our readers' information. We rely entirely on the generosity of the Catholic faithful who believe, as we do, that Our Lady deserves a place in every pocket, on every screen, and in every heart that can be reached through modern tools.

If this devotional has fed your soul these thirty-one days, would you consider supporting the ministry that made it possible?

There are several ways you can help:

Pray for us. This is the most important support. Mary Our Help is a Marian apostolate, and we live on the intercession of the faithful. Keep us in your daily Rosary. Offer a Mass for our mission. Your prayers carry more weight than anything else.

Share our work. Every soul who receives this devotional, installs one of our apps, or joins one of our prayer groups through your invitation is a new member of the family. The Gospel spreads through friendship. Your recommendation reaches places our websites never could.

Give, if you are able. Financial gifts of any size help us keep hosting fees paid, fund new translations, develop new apps, and reach audiences in new languages and new countries. No gift is too small. Every gift, given with a prayer, joins the widow's two mites placed in the treasury by a Savior who saw and remembered.

Visit our support page to learn how you can contribute financially to this mission:

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Whether you can pray, share, or give, thank you for walking with us. We are a small ministry with

a large dream: to make the love of Jesus Christ, through the hands of Mary, visible and reachable to every Catholic soul on every continent. You are part of that dream when you stand with us.

May Our Lady Help of Christians, who has walked with you through this month of May, bless you and your household in every month ahead. And may the God who notices every sacrifice reward you a hundredfold.

Mary Our Help, pray for us.

A Word for June

Tomorrow, June 1, the Church enters the month of the Sacred Heart of Jesus. Everything Mary has done in you this month has been preparing your heart for the Heart of her Son. Walk into June with her hand still in yours.

Month of Mary 2026 · Mary Our Help · Day 31 of 31

ABOUT MARY OUR HELP

Mary Our Help is a Catholic Marian apostolate dedicated to spreading the Gospel of Jesus Christ through devotion to the Blessed Virgin Mary. We serve a worldwide community across Africa, Europe, the Americas, and the diaspora through our website, mobile applications, prayer groups, daily devotionals, and Catholic social platform.

Our mission is the spread of true Marian devotion as a path to a deeper love of Jesus Christ. We offer free ebooks, daily Mass readings, novenas, chaplets, litanies, prayer requests, and Catholic catechetical resources in multiple languages, including English, French, Spanish, Polish, and Portuguese.

We are devoted to spreading good works worldwide under the title of Our Lady of Perpetual Help and Mary Help of Christians.

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Month of Mary 2026 · Mary Our Help

Mary Our Help, pray for us.