

The Pray More Advent Retreat

Inspiring talks to help you
prepare to celebrate the
birth of our Lord,
Jesus Christ



Turning to Mary During Advent

by Sarah Reinhard

Reflective Questions

“May the spirit of Mary be in each one of us to rejoice in God!”

- Saint Louis de Montfort

- It is so easy for us to feel hurt, stressed and afraid, especially during the Advent season. Go to Mary. Turn to Mary. There is great comfort in nestling into the comforting arms of your heavenly Mother. How do you personally turn to Mary during Advent?
- Think of Mary and her life with Jesus and as a mother. What are ways that you can relate to her humanity? In other words, what do you think Jesus’ mom was like?
- We all experience frustration in life and especially around Christmastime. Challenge yourself this Advent to aim that frustration towards the penitential season of Advent and prepare your heart for the coming of baby Jesus.
- The first tip to turn to Mary during Advent is to get to know her better. Try to read something about her (a book, article, scripture, or writings of the saints). What newness did you learn about Mary?
- Praying the Holy Rosary is the second way to turn to Mary during Advent. You can pray a simple decade or the whole thing. You can pray by yourself or with a friend or with your family. In praying the Rosary and coming closer to Mary, ask Mary to intercede for you.

- The last way to turn to Mary during Advent is to go to Eucharistic Adoration. It is in getting to know Jesus better that you also get to know Mary better. Mary is always pointing us towards her son, Jesus. Have you experienced Mary pointing you towards Jesus? If so, how?
- As we begin the Liturgical year, what goals do you have in your spiritual life, family life and personal life for the upcoming year?