

# Reflection on March MI Intention

O Immaculata, please intercede that  
prayer may be the constant beat of our hearts.

*“Persevere in prayer.” (Rom 12:12)*

Saint Maximilian writes, *“Prayer is the expression of a beautiful soul. It is only in prayer that man lifts his heart toward paradise and engages in conversation with the Creator of the universe, with the prime Cause of everything, with God”* (KW 1208).

The Apostles, after Jesus’ Ascension into heaven, returned to Jerusalem and gathered in the Upper Room with some women and relatives of the Lord. The Acts of the Apostles tells us that Our Lady, the Mother of Jesus, was with them, shared their days and helped them to be of one accord and to persevere in prayer (cf. Acts 1:14). Mary, with her faith and prayer, then and now, sustains the faith and prayer of the disciples, who have become her own children.

Saint Maximilian adds, *“Every good mother rejoices very much when her child asks something of her. This is an expression of the trust the child has in the goodness of his own mother. Similarly God acknowledges with joy the trust we manifest to Him in prayer. This prayer should not be expressed in rigidly established forms. Its essence is petition, thanksgiving, or adoration to God”* (KW 1208).

The need for and power of prayer may be experienced any time, but most especially when our hearts are troubled and restless, as the disciples in the Upper Room most likely were. We may use any opportunity to connect with God through the Immaculata, by a simple invocation from the heart, wherever we are: at work or at home, while we carry out our daily duties, or take a walk or drive. Thus, prayer will become the beat of our hearts in a calm, loving and constant dialogue with our Heavenly Father.

The Immaculata lived this day-to-day dialogue with the Lord, which led her to be constantly open to His plan of love

through faith. As we draw closer to her, we may be certain that we can count on her loving presence and intercession, as the first disciples did.

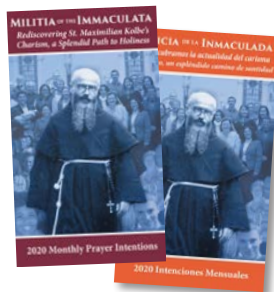
Thanks to her intercession, the Holy Spirit came upon them and transformed them into authentic missionaries of the victorious love of Christ. Persevering prayer opened their hearts to become courageous witnesses of the Gospel.

Certainly, God has a unique and beautiful plan for each of us too, and we shall come to know it if we are receptive to His light, to the Holy Spirit, Who gives us the spiritual energy and boldness to be authentic missionaries.

The Blessed Virgin Mary never ceases to intercede for those who want to give witness to Jesus and to persevere in proclaiming the joy of the Gospel, even the midst of setbacks. Through our total consecration to the Immaculata, we place our lives in her immaculate hands; we welcome her guidance and example and set out on our faith journey with her.

*“He who does not pray cannot easily understand the spirit of prayer. Besides, he cannot be aware of the joy prayer offers to the soul and of the energy prayer communicates in everyday life”* (KW 1208). May we learn, through prayer, to listen to God and respond with to His Word with a generous heart.

(from the MI International Office)



**2020  
MI Intentions  
leaflets are  
available in  
English and  
Spanish**

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## Act of Total Consecration to the Immaculata

(Prayer composed by St. Maximilian Kolbe)

O Immaculata, Queen of Heaven and earth, refuge of sinners and our most loving Mother, God has willed to entrust the entire order of mercy to you. I, (name), a repentant sinner, cast myself at your feet humbly imploring you to take me with all that I am and have, wholly to yourself as your possession and property. Please make of me, of all my powers of soul and body, of my whole life, death and eternity, whatever most pleases you.

If it pleases you, use all that I am and have without reserve, wholly to accomplish what was said of you: *“She will crush your head,”* and, *“You alone have destroyed all heresies in the world.”*

Let me be a fit instrument in your immaculate and merciful hands for introducing and increasing your glory to the maximum in all the many strayed and indifferent souls, and thus help extend as far as possible the blessed Kingdom of the most Sacred Heart of Jesus. For wherever you enter, you obtain the grace of conversion and growth in holiness, since it is through your hands that all graces come to us from the most Sacred Heart of Jesus.

V. Allow me to praise you, O sacred Virgin.  
R. Give me strength against your enemies.