

## MARY, A MODEL FOR LENTEN SPIRITUALITY

Mary is a beautiful model of spiritual growth. From her presence as a compassionate friend to pregnant Elizabeth, to her birthing the Son of God, to her companionship for those grieving Jesus's death on the cross while bearing her own deep sorrow, Mary displayed a wisdom beyond her years. We can learn much from her. Because of her *Fiat*, her great act of faith, we too are called to be "theotokos"—God-bearer—for the world. By the grace and gift of Baptism, each of us has been given the gift of the Spirit so that we might bring the life of Christ to our families, communities, and workplaces.

The prayer poem *Mary's Yes, Our Yes* is an invitation to reflect on the life of Mary and how she can serve as a role model for each of us. Read the full text (page 5) once or twice, then tuck it away and spend time each week with a line or stanza and the related reflection questions. You will be guided to revisit the entire text again during the final week of Lent.

Turn to Mary daily for wisdom, compassion, and faithful acceptance.

Place your relationship with God at the center of each of these 40 days of Lent.

Pray to realize more fully your call as you journey through Lent.

### Mini Reflection Series: *Mary's Yes, Our Yes*

#### WEEK ONE

*Mary's Yes, Our Yes.* Four words to start. Just four.

*When you think about "Mary's yes," what comes to mind?*

*What is your "yes"?*

*How can "Mary's yes" guide you in understanding your "yes"?*



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WEEK TWO 

She bore the physical presence of Christ  
Within her womb, the infant Jesus was formed  
Wrapped in her loving arms, the child Jesus grew  
Under her loving guidance, the adolescent Jesus matured  
With her gentle nudging, the young adult Jesus lived  
Through her ever-present care, the compassionate Jesus emerged

*Whether your perspective is one of mother, daughter, or both, what comes to mind as you read this stanza?*

*In what ways have you been theotokos – God-bearer – to another?*

WEEK THREE 

Mary's yes becomes our yes  
She knew and inspired us all to believe  
The healing presence of God in the world  
She walked with Jesus every step of the way  
And inspires us to walk with Jesus every step of our way

*How can you bear witness to "the healing presence of God in the world"?*

*Under what circumstances do you feel inspired to "walk with Jesus"?*

## MARY, A MODEL FOR LENTEN SPIRITUALITY continued

### WEEK FOUR

Mary's yes becomes our yes  
She bore the presence of God  
And inspires us to be the presence of God

*Each person is born with a spark of divinity. How do (or can) you recognize and nurture that spark within others?*

*For whom are you "the presence of God"?*

### WEEK FIVE

Mary's yes becomes our yes  
Every time we bear Jesus in our world  
Through the joy, through the pain,  
Through each and every yes, we become more whole

*What is one action you took last week that was an expression of Jesus alive in the world?*

*How did that experience impact you and your relationship with God?*



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WEEK SIX 

Read the full text of *Mary's Yes, Our Yes* (page 5) using the process of Lectio Divina.

1. **Lectio:** Read the text prayerfully and sit in quiet for a brief time. *Listen with the Ear of Your Heart.*
2. **Meditatio:** Read the text a second time and allow a word or phrase to emerge. *Ponder in Your Heart.*
3. **Oratio:** Read the text a third time. Write or speak the word or phrase. *Let Your Heart Speak to God.*
4. **Contemplatio:** Read the text a fourth time. *Rest in God.*

*Think back to the first time you read this prayer poem. How has your understanding of "Mary's yes" grown?*

*Has your "yes" changed or expanded? How?*

*What actions will you take throughout Holy Week and the Easter Season to respond to your call to be theotokos and to continue to grow spiritually? Be specific.*

## *Mary's Yes, Our Yes*

by Jean Glaraton

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*from Lent: A Season of Renewal*  
available at [withinministries.org](http://withinministries.org)