

# 33 day consecration to mary

33 Day Consecration to Mary is a profound spiritual journey that invites the faithful to deepen their relationship with the Blessed Virgin Mary. This devotion, grounded in the teachings of St. Louis de Montfort, has gained immense popularity among Catholics seeking to grow in holiness and strengthen their commitment to Jesus Christ through Mary. The consecration is designed to be a 33-day preparation period, culminating in a formal act of entrustment to Mary, embodying a true spirit of love and devotion. This article explores the significance, structure, and practices associated with the 33 Day Consecration to Mary.

## Understanding the 33 Day Consecration to Mary

The 33 Day Consecration to Mary is not merely a recitation of prayers but a comprehensive spiritual exercise that transforms the heart and mind. It emphasizes the importance of Mary in the life of every Christian and how she leads us closer to her Son, Jesus Christ. Here are key elements to understand this devotion:

### Historical Context

- St. Louis de Montfort: The origins of this consecration can be traced back to St. Louis de Montfort, a French priest and writer in the 17th and 18th centuries. His influential book, "True Devotion to Mary," provides a framework for understanding the role of Mary as a mediator and intercessor.
- Papal Endorsement: The devotion has received recognition and endorsement from various popes throughout history, including Pope John Paul II, who emphasized the importance of Marian devotion in the life of the Church.

### The Purpose of Consecration

The consecration serves multiple purposes:

1. Deepening Relationship: It fosters a deeper relationship with Mary, helping individuals to imitate her virtues.
2. Spiritual Growth: The process encourages personal growth in faith, prayer life, and willingness to serve.
3. Entrustment: It represents a formal act of entrusting oneself to Mary, asking her to guide and protect one's spiritual journey.
4. Renewal of Faith: It serves as a renewal of baptismal vows, emphasizing a commitment to live in accordance with Christ's teachings.

## Structure of the 33 Day Consecration

The 33-day journey is divided into distinct phases, each designed to prepare the individual spiritually for the final act of consecration. The structure typically includes:

## **Preparation Period**

The preparation period consists of 30 days of prayer, reflection, and meditation. This phase can be broken down as follows:

1. **Daily Readings:** Each day, participants engage with specific readings from Scripture, writings of the saints, or reflections on the life of Mary.
2. **Prayers:** Daily prayers are essential, often including the Rosary, the Litany of the Blessed Virgin Mary, and other Marian devotions.
3. **Personal Reflection:** Individuals are encouraged to spend time in personal reflection, journaling their thoughts and feelings about their spiritual journey.

## **Final 3 Days of Intense Prayer**

The last three days are particularly significant and are often characterized by more intense prayer and preparation, including:

- **Meditation on the Mysteries of the Rosary:** Each day may focus on a particular mystery, highlighting key moments in Mary's life and her relationship with Jesus.
- **Examination of Conscience:** Participants are encouraged to examine their lives, considering areas where they need growth and healing.
- **Acts of Contrition:** A spirit of repentance is fostered to prepare the heart for the act of consecration.

## **The Act of Consecration**

On the 34th day, participants formally make their act of consecration. This can be done in a communal setting, such as a parish, or in private. The act typically includes:

1. **A Declaration:** A verbal declaration of the intention to consecrate oneself to Mary.
2. **A Prayer of Consecration:** Participants recite a special prayer, often written by St. Louis de Montfort or another approved author, expressing their total dependence on Mary's intercession.
3. **Receiving a Special Blessing:** Many choose to receive a blessing from a priest as a mark of their commitment.

## **Benefits of the 33 Day Consecration**

Engaging in the 33 Day Consecration to Mary can yield profound spiritual benefits, including:

## **A Deeper Understanding of Mary**

Participants often gain a deeper understanding of Mary's role in salvation history and her ongoing influence in the lives of believers.

## Transformation of the Heart

Many report experiencing a transformation in their hearts, leading to:

- Enhanced Virtues: Increased faith, hope, and love.
- Greater Charity: A renewed commitment to serve others, reflecting Mary's love for humanity.

## Strengthened Faith

Through the intercession of Mary, individuals often find their faith strengthened, leading to:

- Increased Prayer Life: A more disciplined and fervent prayer life.
- Deeper Sacramental Life: A renewed desire to participate in the Sacraments, especially the Eucharist and Reconciliation.

## Practical Tips for the 33 Day Consecration

To make the most of the 33 Day Consecration to Mary, consider the following practical tips:

1. Set Aside Time Each Day: Dedicate specific time for prayer and reflection. Consistency is key to spiritual growth.
2. Create a Prayer Space: Establish a quiet and comfortable space for prayer, adorned with images of Mary or other sacred items.
3. Involve Family and Friends: Encourage family members or friends to join you in the consecration. This communal aspect can enhance the experience.
4. Utilize Resources: Use books, guides, or online resources that detail the consecration process. Many parishes offer programs or support groups.
5. Keep a Journal: Document your thoughts, prayers, and experiences throughout the 33 days. This reflection can be beneficial for spiritual growth.

## Conclusion

The 33 Day Consecration to Mary is a powerful spiritual practice that invites the faithful to develop a deeper relationship with the Blessed Virgin Mary. By dedicating oneself to this journey, participants can expect transformation, spiritual growth, and a renewed commitment to living a Christ-centered life. As individuals entrust themselves to Mary, they open their hearts to her guidance and intercession, allowing her to lead them closer to her Son. Whether done privately or in a community setting, the consecration offers a profound opportunity to experience the love and care of the Mother of God in a tangible way. Through this devotion, many have discovered the beauty of living a life centered on faith, hope, and love, inspired by the example of Mary.

## **Frequently Asked Questions**

### **What is the '33 Day Consecration to Mary'?**

The '33 Day Consecration to Mary' is a spiritual preparation method developed by St. Louis de Montfort, designed to deepen one's relationship with Mary and Jesus through a 33-day period of prayer and reflection.

### **How do I start the 33 Day Consecration to Mary?**

To start the 33 Day Consecration to Mary, choose a date to begin, gather the necessary materials, such as a guidebook, and follow the daily prayers and reflections leading up to your consecration day.

### **What materials are recommended for the consecration?**

Recommended materials include 'Preparation for Total Consecration to Jesus Through Mary' by St. Louis de Montfort and related prayer booklets or resources that guide you through the daily prayers.

### **What is the significance of the 33 days?**

The 33 days symbolize the preparation period in which participants reflect on their lives, grow in their faith, and foster a deeper connection with Mary and Jesus before making a total consecration.

### **Can anyone participate in the 33 Day Consecration to Mary?**

Yes, anyone can participate in the 33 Day Consecration to Mary, regardless of their level of faith or background, as it is open to all seeking to deepen their spiritual life.

### **What are the benefits of completing the 33 Day Consecration?**

Completing the 33 Day Consecration can lead to spiritual growth, a deeper understanding of Mary's role in the faith, increased devotion to Jesus, and a sense of peace and guidance in one's life.

### **Is there a specific feast day associated with the consecration?**

Many choose to complete the 33 Day Consecration on or around the Feast of the Annunciation (March 25) or the Feast of Our Lady of the Rosary (October 7), but it can be done at any time.

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