



17. Always bow your head at the Holy Name of Jesus in reverence to Mary's Divine Son.

*Virgin Mary, Mother of Jesus, pray for us.*

18. Say your morning and evening prayers with greater fervor and attention.

*Virgin Mary, may I love you ever more.*

19. Consider which of your duties you are neglecting most. Ask Mary for help to do better.

*Virgin Mary, help me to serve God perfectly.*

20. Apologize if you have offended someone and be particularly kind to him.

*Virgin Mary, grant me always to be at peace with everyone.*

21. Act cheerfully throughout the day.

*Virgin Mary, Cause of Our Joy, pray for us.*

22. Make a visit to the Blessed Sacrament, or to a shrine or altar dedicated to Our Lady.

*Virgin Mary, help me to become a saint.*



23. Say a prayer for those who have little or no love for Mary.

*Virgin Mary, help us to save our souls.*

24. Gratefully accept advice or a correction and put it into practice for the love of Mary.

*Virgin Mary, Seat of Wisdom, pray for us.*

25. Show extra kindness to a relative or acquaintance who is sad or suffering.

*Virgin Mary, Comforter of the Afflicted, pray for us.*

26. Hear Mass more devoutly and say your prayers more carefully.

*Virgin Mary, help me to appreciate the Holy Eucharist.*

27. Be cooperative and obliging with everyone as far as possible.

*Virgin Mary, make my heart like unto thine.*

28. Say three Hail Marys to make reparation for the sin of immodesty.

*Virgin Mary, Mother Most Pure, pray for us.*



29. Make a good confession with sincere sorrow after a careful examination of conscience.

*Virgin Mary, always safeguard me from sin.*

30. Make good use of your time for God's glory and to help others. Never be idle, even for a moment.

*Virgin Mary, assist me to win Heaven.*

31. Thank Our Lady for all the graces she has obtained for you, particularly this month.

*Mary, Help of Christians, pray for us.*