Pondering Titles of Mary this Advent

A PRAYERFUL PRACTICE

Just as Our Blessed Mother pondered and preserved the mysteries unfolding around her and within her, we can and should spend time meditating on different aspects of our faith. The many titles of Mary provide a good starting point for our meditative prayer–and choosing one related to the Incarnation, whether familiar or obscure, is a wonderful practice for Advent.

We suggest you prayerfully choose one title from the list below (or choose another that draws you) and pray to Mary under that particular title, taking her with you in your Advent journey. Consider what that name reveals about her and her role in the Incarnation and in Salvation History. Ponder what that means for you, her child. Notice what about the title moves you, make a response of love, and ask the Holy Spirit to continue to illuminate your intellect and inflame your love for your Mother.

Suggested Titles:

Our Lady of Guadalupe
Our Lady of Expectation
Our Lady of the Visitation

Madonna of the Magnificat

Mother of God (Theotokos/Mater Dei)
Mother of Christ
Mother of Jesus

Mother of the Word Incarnate
Mother of Our Creator
Mother of Our Savior

Morning Star
Cause of our joy
Ark of the Covenant
Patroness of the Unborn

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