

opusdei.org

## **“Blessed be that monotony of Hail Marys”**

I have come to see that every  
Hail Mary, every greeting to  
Our Lady, is a new beat of a  
heart in love. (The Forge, 615)

May 24

“Immaculate Virgin, I know very  
well that I am only a miserable  
wretch, and all I do is increase each  
day the number of my sins ... ” You  
told me the other day that was how  
you spoke to Our Mother. And I was

confident in advising you with assurance to pray the Holy Rosary. Blessed be that monotony of Hail Marys which purifies the monotony of your sins! (Furrow, 475)

The Rosary is said not with the lips alone, muttering Hail Marys one after the other. That is the way over-pious old men and women rattle them off. For a Christian, vocal prayer must spring from the heart, so that while the Rosary is said, the mind can enter into contemplation of each one of the mysteries. (Furrow, 477)

You always leave the Rosary for later, and you end up not saying it at all because you are sleepy. If there is no other time, say it in the street without letting anybody notice it. It will, moreover, help you to have presence of God. (Furrow, 478)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-nz/dailytext/blessed-be-that-  
monotony-of-hail-marys/](https://opusdei.org/en-nz/dailytext/blessed-be-that-monotony-of-hail-marys/) (07/13/2025)