

opusdei.org

## “Mary, teacher of prayer”

Love for our Mother will be the breath that kindles into a living flame the embers of virtue hidden in the ashes of your indifference. (The Way, 492)

May 7

Love our Lady. And she will obtain for you abundant grace to conquer in your daily struggle. And the enemy will gain nothing by those foul things that continually seem to boil and rise within you, trying to engulf in their fragrant corruption the high ideals,

the sublime determination that Christ himself has set in your heart.--  
*Serviam*, I will serve! (The Way, 493)

We go to Jesus--and we 'return' to him--through Mary. (The Way, 495)

Mary, teacher of prayer. See how she asks her Son, at Cana. And how she insists, confidently, with perseverance. And how she succeeds. Learn from her. (The Way, 502)

Without God's help it is impossible to live a clean life. God wants us to be humble, and to ask him for his help through our Mother who is his Mother. You should say to Our Lady, right now, speaking without the sound of words, from the accompanied solitude of your heart: "O, my Mother, sometimes this poor heart of mine rebels; but if you help me ..." She will indeed help you to keep it clean and to follow the way God has called you to pursue. The Virgin Mary will always make it

easier for you to fulfill the Will of  
God. (The Forge, 315)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-sg/dailytext/mary-teacher-of-prayer/](https://opusdei.org/en-sg/dailytext/mary-teacher-of-prayer/)  
(07/09/2025)