

Consecration of Opus Dei to the Most Sweet Heart of Mary

The consecration of Opus Dei to the Most Sweet Heart of Mary took place on 15 August 1951. St. Josemaría carried it out in the Shrine of Loreto, where the Holy House is venerated, speaking spontaneously during Mass. Later, he composed a written formula and asked that it be renewed each year on 15 August. Months earlier, he had invited the members of Opus Dei to pray the aspiration, “*Cor Mariæ dulcissimum, iter paratutum!*” (Most sweet Heart of

Mary, prepare for us a safe way!).

08/11/2025

Consecration to the Most Sweet Heart of Mary

The 1950s were a particularly significant decade for Saint Josemaría, marked both by joy and by suffering. On the one hand, during those years Opus Dei began its work in 18 countries across America, Africa, Europe and Asia. On the other, in the early years of the decade he had to face some misunderstandings. In the midst of these difficulties, on 15 August 1951 he decided to make a pilgrimage to

Loreto to place Opus Dei under our Lady's protection.

- An account of the pilgrimage to Loreto.
- Entry in the *Dictionary of St. Josemaría*: “Consecration to the Most Sweet Heart of Mary.”

.....

Writings of St. Josemaría about the Most Sweet Heart of Mary

- There is no heart more human than that of a person overflowing with supernatural sense. Think of Holy Mary, who is full of grace, Daughter of God the Father, Mother of God the Son, Spouse of God the Holy Spirit. Her Heart has room for all humanity and makes no distinction or discrimination. —

Every person is her son or her daughter (*Furrow*, no. 801).

- Let us turn to Mary, our Mother, and the most excellent creature ever fashioned by God's hands. Let us ask her to make us humanly good so that our human virtues, woven into the life of grace, may become our best way of helping those who, with us, are working in the world to bring peace and happiness to all men (*Friends of God*, no. 93).
- *Cor Mariae Dulcissimum, iter para tutum*: Most Sweet Heart of Mary, prepare a safe way. Guide our steps on earth with strength and security. Become for us the path we are to follow, since you in your love know the way, a sure short-cut, to the love of Jesus Christ (*Christ is Passing By*, no. 178).
- Get accustomed to entrusting your poor heart to the Sweet

and Immaculate Heart of Mary, so that she may purify it from so much dross, and lead it to the Most Sacred and Most Merciful Heart of Jesus (*Furrow*, no. 830).

- *Cor Mariae perdolentis, miserere nobis!* — Invoke the Heart of Holy Mary, with the purpose and determination of uniting yourself to her sorrow, in reparation for your sins and the sins of men of all times. And pray to her — for every soul — that her sorrow may increase in us our aversion to sin, and that we may be able to love the physical or moral contradictions of each day as a means of expiation (*Furrow*, no. 258).
- Have recourse to the Blessed Virgin every day with complete confidence. Your soul and your life will feel comforted at once. —She will let you partake of the treasures she keeps in her

heart, for “never has it been known that anyone who sought her protection was left unaided” (*Furrow*, no. 768).

- Let us ask the Mother of God, who is our Mother, to prepare for us the way that leads to the fullness of love. Cor Mariae dulcissimum, iter para tutum: “Most Sweet Heart of Mary, prepare a safe way!” Her sweet heart knows the surest path for finding Christ (*Christ is Passing By*, no. 38).

.....

pdf | document generated automatically from <https://opusdei.org/en-za/article/consecration-most-sweet-heart-of-mary-opus-dei/> (04/02/2026)