



## INTERCEDE



## PRAY

*Our Father, 3 Hail Marys, Glory Be*

## REFLECT

Each year on January 1 the Church celebrates the Solemnity of Mary, Holy Mother of God. When we approach the manger to adore the infant Son of God, we cannot help but recognize that Mary is indeed *Mother of God*. The holy Nativity calls us to meditate more deeply on the mystery that God used the womb of a woman to bring salvation to the world.

This feast of Mary reminds us of the great miracle of motherhood, and it reveals how God has elevated and sanctified the vocation of mothers. We therefore invite the Blessed Mother to guide us as we seek a deeper understanding of the difficulties of motherhood. We pray that through her intercession each of our hearts may be renewed with empathy and increased awareness of the challenges that so many mothers face in welcoming and caring for the gift of life. May Our Blessed Mother inspire in us a desire and resolve to increase our compassionate care and support of mothers in need.

## ACT *(choose one)*

- Pray the Litany of the Blessed Virgin Mary, Mother of Life ([bit.ly/mother-of-life](http://bit.ly/mother-of-life)) for the featured intention.
- Create a list of ways that you can personally increase your support of mothers in need. Take your list to prayer, asking the Lord for guidance on what he is asking of you and the grace to faithfully respond.
- Offer some other sacrifice or prayer that you feel called to do for the featured intention.

## ONE STEP FURTHER

Learn more about the challenges that mothers face and the inspiration for *Walking with Moms in Need* in this brief article: [bit.ly/wwmin-inspiration](http://bit.ly/wwmin-inspiration)

## DID YOU KNOW?

Each year on January 22, the Church in the United States observes a Day of Prayer for the Legal Protection of Unborn Children ([respectlife.org/january-22](http://respectlife.org/january-22)). As individuals, we are each called to observe this day through the penitential practices of prayer, fasting and/or giving alms.

For additional prayers, resources, and ideas on supporting mothers in your local area:

[www.WalkingWithMoms.com](http://www.WalkingWithMoms.com)