



## INTERCEDE



## PRAY

*Our Father, 3 Hail Marys, Glory Be*

## REFLECT

In the Blessed Virgin Mary, we are given the model of motherhood. When the angel Gabriel appeared to her, Mary accepted the invitation to be the mother of Jesus, who is “the way and the truth and the life” (Jn 14:6). Her unexpected pregnancy presented many challenges. Yet while the path laid before her was not easy, Mary chose to give of herself in sacrificial love.

Mothers with unexpected or challenging pregnancies can likely relate to the experience of our Blessed Mother, as they, too, often face challenging circumstances in answering God’s call to welcome new life. During times of difficulty and anxiety, we pray that Our Lady will draw pregnant mothers close to her heart and, through her intercession, bring comfort, encouragement, and joyful hope. In bravely living out their vocation, mothers reflect the sacrificial love of Christ on a daily basis. With the Blessed Virgin Mary, Mother of Life as our guide, may we work to support all mothers, especially those who are most 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 all expectant mothers facing difficulties or challenges.
- Fast from television or social media for the day. Instead, spend time reflecting on how God is asking you to support pregnant women in difficult circumstances.
- Offer some other sacrifice or prayer that you feel called to do for the featured intention.

## ONE STEP FURTHER

Read Pope Francis’ reflections on our Blessed Mother and the gift of motherhood in “Our Mother the Church and the Gift of Motherhood.” [bit.ly/pope-francis-motherhood](http://bit.ly/pope-francis-motherhood)

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

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