



Preparing with Mary

An Advent Reflection for Moms



EMULATING MOTHER MARY.
EMBRACING WOMANHOOD.



DEAR SISTER IN CHRIST,

Welcome to this Advent & Christmas guide!

I'm so grateful to share these prayers, reflections, and small acts of love with you as we journey toward Christmas. Advent is such a special time for us to prepare our hearts to welcome Jesus, just as Mary did all those years ago. It's a season full of wonder and peace, inviting us to draw closer to God and to bring His light into our homes.

This guide was designed with you in mind - keeping things simple, meaningful, and rooted in our Catholic faith. Each section offers gentle steps to connect with God in the midst of motherhood, whether that's through a daily prayer, a small act of love, or a special Christmas Eve reflection. My hope is that these moments help you feel closer to Jesus and to the joy of His coming, all while celebrating the love within your family.

Take this guide at your own pace, and feel free to use it in whatever way best fits your family's needs. Maybe you'll start a new family tradition or find a quiet moment just for you and God. Whatever this looks like, I pray it brings peace to your heart and fills your home with love this Christmas season.

♡ Brigid

MARIAN PRAYERS FOR MOTHERHOOD

Prayers to Guide You Through Advent and Embrace Mary's Loving Example

Mary, the mother of our Savior, embodies the virtues that Catholic mothers aspire to live out daily: trust in God's will, patience amidst challenges, and joy in life's blessings. These three Marian prayers offer a quiet moment to seek her intercession and grow in faith, patience, and joy through motherhood. Each prayer reflects on a different part of Mary's journey, inviting mothers to draw closer to her heart.

A Prayer of Trust

Inspired by Mary's "yes" at the Annunciation, this prayer helps us surrender our worries and embrace peace in our vocation as mothers.

Reflection:

Mary's life changed forever with her "fiat"—her "yes" to God's call. Despite her questions and the uncertainty that lay ahead, Mary trusted that God would guide her path. For us, too, motherhood often brings uncharted territory and calls us to rely on God's grace. As you pray, imagine Mary's peace filling your heart, especially in the face of your own uncertainties as a mom.

Prayer:

"Mary, Mother of God, teach me to open my heart to God's will as you did. Help me to trust that His plans for my life and my children's lives are good, even when I do not understand them. Just as you surrendered your life to His call, I ask for the strength to do the same in my role as a mother. Mother Mary, pray for me to walk this path with faith, knowing that God is with me every step of the way. Amen."

*"Blessed is she who believed that the Lord would
fulfill His promises to her!"*

(Luke 1:45)

MARIAN PRAYERS FOR MOTHERHOOD

Prayers to Guide You Through Advent and Embrace Mary's Loving Example

A Prayer for Patience

Drawing from Mary's patience on the journey to Bethlehem and in her life as a mother, this prayer calls on her example to cultivate patience amidst the daily trials of motherhood.

Reflection:

Mary endured many trials with unwavering patience, from the long journey to Bethlehem to watching her Son grow up and eventually fulfill His destiny. She models a patience rooted in love and quiet strength. Consider an area in your life where patience feels hard to come by—whether it's with your children, your spouse, or yourself. Ask Mary to walk with you and share her strength.

Prayer:

“Blessed Mother, grant me patience as I walk this journey of motherhood. Help me to pause and find God's presence in each moment, especially when life feels overwhelming or frustrating. Let your patience, born from love, fill my heart as I serve my family. Teach me to wait, to listen, and to respond with the same grace that you did, trusting that God is present in every struggle. Mary, model of patience, pray for me. Amen.”

A Prayer for Joy

Reflecting on the joy Mary felt when she learned of Jesus' coming and shared the news with Elizabeth, this prayer asks for the grace to see joy in the everyday blessings of motherhood.

Reflection:

Mary's journey wasn't free of suffering, yet she found profound joy in carrying Christ within her and sharing that joy with others. In her Magnificat, she rejoices in the goodness of God, and we can share in that joy, even in the midst of our daily tasks and responsibilities. Think of one small blessing or joyful moment in your day, and ask Mary to help you see God's love in each part of your life.

Prayer:

“Mary, help me to see the joy and beauty in my children and in the everyday moments of motherhood. May your song of praise echo in my heart, helping me to notice and celebrate the gifts around me. When I feel weary, let your joy renew my spirit, reminding me that God's love is present in every part of my life. Mother of Joy, pray for me, that I may see Christ's light shining in my family. Amen.”

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PREPARING OUR HEARTS

Daily Acts of Love Calendar for Advent

Advent is a beautiful season of preparation, inviting us to welcome Christ into our hearts and homes. This daily calendar is designed to help you, as a Catholic mom, reflect on the virtues of hope, faith, joy, and love, just as Mary did while awaiting the birth of Jesus. Each day's small act or prayer offers a moment to pause, reconnect with God, and deepen your love for your family. May these daily reflections and actions help you draw closer to the true meaning of Christmas, filling your heart with peace and anticipation as you journey through Advent.

Week 1 – Hope

Advent calls us to embrace hope in God's promises. Each day, find ways to nurture this hope in yourself and your family.

- Day 1: Pray a Hail Mary for each of your children.
- Day 2: Spend five minutes reflecting on one joy in your motherhood journey.
- Day 3: Write down a specific way you saw God's love today.
- Day 4: Say a short prayer of thanksgiving before bed.
- Day 5: Leave a kind note or small surprise for your spouse.
- Day 6: Light a candle and reflect on Christ as the Light of the World.
- Day 7: Set a special intention in your heart and pray for it.

Week 2 – Faith

This week, deepen your trust in God's guidance. These acts help to place your life in His hands.

- Day 8: Make a list of three things you are thankful for.
- Day 9: Spend time in quiet prayer, inviting the Holy Spirit into your day.
- Day 10: Pray a decade of the Rosary for your family.
- Day 11: Read Luke 1:26-38 (The Annunciation) and reflect on Mary's "yes."
- Day 12: Reach out to a friend or family member to offer encouragement.
- Day 13: Write down a worry you are carrying, and give it to God.
- Day 14: Place a small symbol of Mary somewhere you'll see it often.

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PREPARING OUR HEARTS

Daily Acts of Love Calendar for Advent

Week 3 – Joy

Let joy in Christ shine through this week. Seek out small moments of happiness and share them with your loved ones.

- Day 15: Start your day with a prayer of gratitude for your children.
- Day 16: Do a small act of kindness for someone in your family.
- Day 17: Spend five minutes in quiet, noticing things that bring you joy.
- Day 18: Pray the Magnificat (Luke 1:46-55) and rejoice in God's blessings.
- Day 19: Play your favorite Advent or Christmas hymn and sing along.
- Day 20: Bake something simple and share it with your family or a neighbor.
- Day 21: Compliment each family member on something meaningful.

Week 4 – Love

In this final week, focus on loving your family deeply, just as Mary welcomed Jesus with open arms.

- Day 22: Say a prayer of love and protection over your family.
- Day 23: Share a story about Jesus' birth with your children.
- Day 24: Spend a few moments in prayer, preparing your heart for Christmas.
- Day 25: Pray for those in need this Christmas, asking God's love to fill their hearts.

*For you know the grace of our Lord Jesus Christ,
that though he was rich, yet for your sake he
became poor, so that you by his poverty might
become rich.*

(2 Corinthians 8:9)

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WELCOMING THE LIGHT OF CHRIST

Prayers and Reflections for Christmas Eve and Christmas Day

As Christmas approaches, these prayers offer a meaningful way to bring Christ's peace and love into your family celebration. Christmas Eve and Christmas morning are sacred moments of anticipation and joy, perfect times to pause and reflect on the true gift of Jesus' birth. Gather your loved ones and, with open hearts, pray these words together. Let them deepen your gratitude, fill your home with God's love, and strengthen your family's bond in faith.

Christmas Eve Prayer of Anticipation

As you gather with your family on Christmas Eve, take a moment to reflect on the blessings of the year and the joy of awaiting Christ's birth.

Reflection:

Just as Mary and Joseph journeyed to Bethlehem, we have journeyed through Advent to this holy night, waiting for Jesus to arrive. God gives us this waiting time to open our hearts and prepare a place for Him to dwell within us. Reflect on one way you've prepared your heart this Advent.

Family Question:

"What are you most excited to welcome into your heart tonight and tomorrow as we celebrate Jesus' birth?"

Prayer of Anticipation:

"Dear Lord, we thank You for this time of waiting and for the gift of Your Son, Jesus, whom we are about to welcome into our lives in a special way. As we prepare for Christmas morning, may our hearts be filled with peace, love, and the joy of Your presence. Help us to love each other deeply and to keep You at the center of our family. Amen."

Suggestion:

Conclude with a family tradition - whether lighting a candle, sharing a moment of gratitude, or singing a hymn like Silent Night together.

[Verse 1]

*Silent night, holy night
All is calm, all is bright
Round yon Virgin, Mother and Child
Holy Infant so tender and mild
Sleep in heavenly peace
Sleep in heavenly peace*

[Verse 2]

*Silent night, holy night
Shepherds quake at the sight
Glories stream from heaven afar
Heavenly hosts sing Alleluia
Christ the Savior is born
Christ the Savior is born*

[Verse 3]

*Silent night, holy night
Son of God, love's pure light
Radiant beams from Thy holy face
With the dawn of redeeming grace
Jesus Lord, at Thy birth
Jesus Lord, at Thy birth*

WELCOMING CHRIST INTO OUR HEARTS AND HOMES

Christmas Morning Prayer of Gratitude

On Christmas morning, before unwrapping presents, take a few moments to acknowledge the greatest gift of all-- Christ Himself.

Reflection:

Jesus was born in the quiet of a humble stable, surrounded by Mary, Joseph, and the animals. Imagine what that peaceful morning was like, and remember that this holy moment brought joy to the whole world. Today, let's carry this joy into our hearts and share it with others.

Family Question:

"What is one thing you're thankful for this Christmas?"

Prayer of Gratitude:

"Loving Jesus, thank You for coming to us in such a humble and beautiful way. On this blessed Christmas morning, fill our hearts with gratitude for Your presence among us. Help us to share Your light and love with each person we meet. Let this day be a reminder of the joy You bring to the world and the peace You promise to all who seek You. Amen."

Suggested Activity:

Before opening gifts, take a few moments to read the story of Jesus' birth and reflect on what His birth means for you. Read Luke 2:1-20 as a family. Perhaps try attending Mass before opening gifts, too. Our family loves making a birthday cake for Jesus and singing to Him!

Encouragement for Moms:

Take a quiet moment today to give thanks for your children, for the journey of motherhood, and for the beauty of Christ's presence in your family's life.



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DEAR SISTER IN CHRIST,

Thank you for spending this Advent season with me through these reflections and prayers. May these simple moments of faith help you welcome Jesus with the same trust and love as Mary did. Motherhood is a beautiful journey, and we're blessed to walk it with God's guidance every day.

If you'd like to dive deeper into connecting with God's love and finding peace in your motherhood journey, I'd love to walk alongside you. Through my coaching program, I help mothers find healing, reclaim joy, and feel empowered to live fully in God's grace. If you're ready to take the next step, feel free to reach out - I'd be honored to journey with you.

Be sure to message and tag me on [Instagram](#)! I'd love to hear how you used this guide during this blessed season. My Instagram is @loretowellness

Wishing you a blessed Advent and a joyful Christmas!



♡ Brigid