

MARIAN DEVOTION

I. Introduction

Marian devotion occupies a privileged place in the life of the Church and in the spiritual formation of every Christian. More than a collection of prayers or pious practices, it is a way of growing in discipleship by contemplating and imitating Mary, the first and most faithful disciple of Christ. Her life teaches believers how to listen to God's word, welcome it with faith, and respond generously in loving service. Thus, authentic Marian devotion always leads to a deeper relationship with Jesus and a more faithful participation in His mission.

For missionaries, Mary is not only a model of holiness but also a companion in mission. Her attentive listening at the Annunciation, joyful service during the Visitation, steadfast fidelity at the foot of the Cross, and prayerful presence with the apostles at Pentecost reveal the attitudes essential for missionary life. As the mother of the Church, she continues to accompany Christ's disciples, encouraging them to remain open to the Holy Spirit and to proclaim the Gospel with humility, courage, and hope.

This module provides practical guidance for helping formandi cultivate a mature, Christ-centred Marian devotion that is expressed in prayer, virtue, community life, and missionary service. Rather than treating Marian devotion as an isolated spiritual practice, it presents it as a formative path that shapes the whole person and nurtures a missionary heart.

Objectives

By the end of this module, formandi should be able to:

- Understand the biblical, theological, and spiritual foundations of Marian devotion.
- Develop a balanced, Christ-centred Marian devotion rooted in the Church's tradition.
- Integrate Marian prayer and the imitation of Mary's virtues into daily life.
- Allow Marian spirituality to inspire community living, discernment, and missionary service.
- Grow in missionary discipleship by following Mary's example of faith, humility, obedience, and charity.

Formation in Practice: At the beginning of the formation year, invite each formandus to reflect on the question: "Which quality of Mary do I most admire, and why?" Encourage him to choose one Marian virtue—such as humility, obedience, faith, hope, or charity—as a personal focus for the coming month. During spiritual accompaniment, revisit this commitment and reflect on how that virtue is becoming visible in his prayer, community life, and missionary ministry.

This simple exercise helps Marian devotion move beyond external practices to become a lived spirituality that gradually shapes the missionary disciple.

II. Theological Foundations of Marian Devotion

Marian devotion is firmly rooted in Sacred Scripture, the living Tradition of the Church, and her teaching authority. Understanding these foundations helps formandi develop a mature devotion that is always Christ-centred, nourishes authentic discipleship, and inspires missionary service. Rather than seeing Mary as the end of devotion, the Church presents her as the one who constantly leads believers to her Son.

A. Mary in Sacred Scripture

The Gospels present Mary as the first disciple and a model for every Christian. Four key moments in her life provide a foundation for missionary formation.

1. The Annunciation (Luke 1:26–38): Mary’s response, “*Let it be done to me according to your word,*” reveals complete openness to God’s will. Her “yes” marks the beginning of the Incarnation and shows that every vocation begins with listening, trusting, and responding generously.

Formation Insight: Formandi learn to welcome God’s call with faith, even when the future is uncertain.

2. The Visitation (Luke 1:39–56): Having received Christ, Mary immediately goes to serve Elizabeth. Her faith naturally becomes loving service.

Formation Insight: Genuine prayer always leads to charity and missionary outreach.

3. Mary at the Foot of the Cross (John 19:25–27): Mary remains faithful in suffering and receives the mission of becoming the Mother of all believers. Her steadfast presence teaches perseverance, hope, and compassionate accompaniment.

Formation Insight: Missionaries are called to remain faithful even during difficulties, disappointments, and apparent failures.

4. Mary at Pentecost (Acts 1:14): Mary prays with the disciples as they await the coming of the Holy Spirit. She accompanies the birth of the Church and models patient, trusting prayer.

Formation Insight: Mission flourishes through communal prayer, discernment, and openness to the Holy Spirit.

B. Mary in the Church’s Teaching

The Church’s Marian doctrines safeguard the mystery of Christ and illuminate Mary’s unique role in salvation history.

- **Mother of God (Theotokos):** By giving birth to Jesus, true God and true man, Mary became the Mother of God. This title emphasizes the mystery of the Incarnation and reminds us that Marian devotion is always centred on Christ.
- **Immaculate Conception:** Preserved from original sin by God’s grace, Mary is a sign of the transforming power of divine grace and a model of holiness.
- **Perpetual Virginity:** Mary’s total self-giving to God reflects an undivided heart, inspiring all who seek to place God at the centre of their lives.
- **Assumption:** Mary’s being assumed body and soul into heaven points to the hope of the Resurrection and the final destiny promised to all who remain faithful to Christ.

C. Authentic Marian Devotion

The Church consistently teaches that authentic Marian devotion possesses three essential characteristics:

- **It is Christ-centred:** Mary always leads believers to Jesus. Her last recorded words in Scripture remain the heart of Marian spirituality: “*Do whatever he tells you*” (John 2:5).
- **It is transformative:** True devotion is expressed not only in prayer but also in growth in humility, obedience, charity, purity of heart, and faithful discipleship.
- **It is missionary:** Like Mary, who carried Christ to Elizabeth and stood with the early Church at Pentecost, every disciple is sent to bring Christ to others.

Reflection

Take a few moments to prayerfully consider:

- Which event in Mary's life speaks most deeply to my present stage of formation?
- Which Marian virtue do I most need to cultivate at this moment?
- How is Mary leading me to know, love, and follow Christ more faithfully?

Formation in Practice

Invite each formandus to choose one Gospel passage about Mary each week. During personal prayer, he should ask three simple questions:

1. What does this passage reveal about Mary?
2. What does it reveal about Christ?
3. What invitation is God giving me today?

At the next accompaniment session, encourage him to share one concrete way he has tried to imitate Mary's response in his community life or apostolic ministry. This simple exercise helps Scripture become the primary source of Marian devotion and ensures that devotion remains deeply rooted in discipleship rather than mere external practices.

III. Living Marian Devotion

Marian devotion becomes truly formative when it moves beyond occasional prayers and becomes a way of following Christ. Authentic devotion is expressed through prayer, imitation of Mary's virtues, openness to the Holy Spirit, active participation in the life of the Church, and generous missionary service. Like Mary, formandi are called not simply to admire the Gospel but to live it faithfully each day.

1. Keep Christ at the Centre: Mary never draws attention to herself; she always leads people to Jesus. Every Marian prayer, devotion, and celebration should deepen love for Christ and strengthen commitment to His Gospel.

Practical Applications

- Pray the Rosary as a meditation on the life, death, and resurrection of Christ.
- End Marian prayer by asking: *How is Jesus inviting me to respond today?*
- Read Marian passages in the light of Christ's mission.

2. Learn from Mary's Virtues: Marian devotion bears fruit when it shapes character. Rather than merely honouring Mary, formandi are invited to imitate her virtues in daily life.

Marian Virtue	Practical Formation
Humility	Accept corrections with openness and give credit to others.
Faith	Trust God even when the future is uncertain.
Obedience	Respond generously to God's will and community responsibilities.
Charity	Serve others quietly, joyfully, and without seeking recognition.
Hope	Remain faithful during difficulties and periods of spiritual dryness.

3. Pray with Mary: Prayer is the heart of Marian devotion. Through prayer, Mary accompanies believers in contemplating Christ and discerning God's will. Some simple practices include:

- praying the Rosary regularly;
- praying the Angelus or Regina Caeli according to the liturgical season;

- meditating on Gospel passages about Mary;
- entrusting personal intentions and missionary work to Mary's intercession.

The emphasis should always be on praying attentively rather than merely completing prayers.

4. Be Open to the Holy Spirit: Mary's entire life was guided by the Holy Spirit. Her openness at the Annunciation and her presence at Pentecost remind missionaries that fruitful ministry begins with attentive listening to God. Formandi should cultivate the habit of asking:

- *Where is the Holy Spirit leading me today?*
- *What response does God expect from me?*
- *How can I imitate Mary's availability?*

5. Live Marian Devotion in Community: Marian devotion is both personal and communal. Community prayer strengthens unity and reminds missionaries that they journey together in faith. Communities may foster Marian devotion by:

- praying the Rosary together regularly;
- celebrating Marian feast days with simplicity and joy;
- reflecting together on Mary's role in the Gospel;
- entrusting community projects and missionary initiatives to Mary's care.

These practices should strengthen fraternity rather than become merely routine observances.

6. Allow Mary to Inspire Mission: After receiving Christ, Mary immediately went to serve Elizabeth. Her life reminds missionaries that contemplation naturally leads to mission. A Marian missionary:

- carries Christ to others through words and actions;
- serves with humility and compassion;
- remains faithful during hardships;
- brings hope wherever he is sent.

Marian devotion therefore becomes a source of missionary zeal, encouraging formandi to witness to Christ with generosity and joy.

Reflection

Take a few moments to reflect:

- Which Marian virtue is God inviting me to develop at this stage of my formation?
- Does my Marian devotion deepen my relationship with Christ and strengthen my missionary commitment?
- How can I make my devotion to Mary more visible through my daily attitudes and actions?

Formation in Practice

At the beginning of each week, invite each formandus to choose **one Marian virtue** to practise intentionally. At the end of the week, he briefly reflects on three questions:

- Where did I live this virtue well?
- What challenged me?
- How did this help me become a better disciple and missionary?

During community sharing or spiritual accompaniment, encourage participants to share one concrete experience rather than simply reporting devotional practices. This approach helps Marian devotion become a lived spirituality that transforms everyday life.

IV. Practical Guide for Formandi

Marian devotion grows through regular and meaningful practice. Simple, consistent habits help formandi deepen their relationship with Christ, develop Marian virtues, and integrate prayer into daily missionary life. The aim is not to multiply devotions but to cultivate a way of life inspired by Mary's faith and discipleship.

A. Daily Practices

1. Pray with Mary: Choose one or more Marian prayers each day, such as the Rosary, the Angelus (or Regina Caeli during Easter), the *Memorare*, or a spontaneous prayer to Mary.

Formation Tip: Pray attentively rather than hurriedly. Allow each prayer to lead to a personal encounter with Christ.

2. Read the Gospel: Spend a few minutes reading a Gospel passage, especially those featuring Mary. Ask:

- What does this passage reveal about God?
- What does it reveal about Mary?
- What invitation is God giving me today?

3. Live One Marian Virtue: Select one virtue each day—humility, faith, obedience, charity, hope, or perseverance—and intentionally practise it in community life, study, ministry, or prayer.

B. Weekly Practices

1. Pray the Rosary Reflectively: Pray the Rosary individually or in community, focusing on the mysteries of Christ rather than simply reciting the prayers.

2. Journal Your Growth: At the end of the week, briefly reflect:

- Where did I experience God's presence?
- Which Marian virtue grew in me?
- Where do I still need God's grace?

A few meaningful sentences are often more helpful than lengthy reflections.

3. Perform a Hidden Act of Charity: Inspired by Mary's visit to Elizabeth, perform one quiet act of service without seeking recognition or appreciation.

C. Monthly Practices

- Celebrate Marian feast days with prayer and reflection.
- Participate in a Marian pilgrimage, shrine visit, or community Marian celebration when possible.
- Review personal growth with a spiritual director or formator, focusing on how Marian devotion is influencing daily life and mission.

D. Marian Devotion in Mission

Marian devotion should naturally shape missionary attitudes and relationships. Formandi are encouraged to:

- entrust each apostolic activity to Mary's intercession;
- imitate her attentive listening when accompanying people;

- serve with humility and compassion;
- remain hopeful during difficulties;
- bring Christ to others through joyful witness.

The measure of Marian devotion is not the number of prayers recited but the extent to which one's life reflects Mary's faith, charity, and availability to God's will.

Formation in Practice

A Simple Weekly Marian Plan

Practice	Commitment
Pray	Pray at least one decade of the Rosary (or the full Rosary) with attention each day.
Read	Meditate on one Gospel passage about Mary during the week.
Imitate	Choose one Marian virtue and practise it intentionally.
Reflect	Write one insight or grace received in a journal.
Share	Share one experience during community prayer or spiritual accompaniment.

This simple rhythm helps Marian devotion become a stable part of daily formation and gradually transforms prayer into a missionary way of life. It is better to practise a few devotions faithfully than to undertake many without reflection or perseverance.

V. Reflection and Formation Tools

Marian devotion becomes transformative when it is accompanied by regular reflection and discernment. These simple formation tools help formandi recognize God's action in their lives, deepen their relationship with Christ, and gradually embody Mary's attitudes in prayer, community life, and mission. The emphasis is not on extensive journaling but on fostering a habit of prayerful self-awareness and ongoing conversion.

A. Marian Examen

At the end of each day, spend a few minutes reviewing the day in the presence of God through Mary's eyes. Reflect on the following questions:

- 1. Give Thanks**
 - For what grace or blessing am I grateful today?
- 2. Review the Day**
 - Where did I imitate Mary's faith, humility, charity, or obedience?
 - Where did I miss an opportunity to respond generously?
- 3. Seek God's Mercy**
 - Where do I need forgiveness, healing, or greater trust?
- 4. Renew My Commitment**
 - What one concrete step will I take tomorrow to follow Christ more faithfully with Mary's help?

B. Spiritual Journal

Encourage formandi to keep a simple journal using four headings:

Reflect On	Guiding Question
Grace Received	What gift or blessing did I receive today?

Grace Resisted	Where did I struggle to respond to God?
Grace Discovered	What new insight did I receive through prayer or experience?
Grace to Be Embraced	What is God inviting me to live tomorrow?

This format keeps journaling practical and centred on growth rather than merely recording events.

C. Community Sharing

Periodic community sharing helps Marian devotion become a shared journey rather than a private practice. Invite formandi to share briefly:

- one Marian virtue they are trying to cultivate;
- one experience of God's guidance during the week;
- one challenge they are facing in living the Gospel.

Such sharing should foster mutual encouragement, trust, and missionary fraternity rather than comparison or judgment.

D. Mission Reflection

Following apostolic activities, invite formandi to reflect personally or in small groups:

- How did I bring Christ to others today?
- Which attitude of Mary did I experience in this ministry?
- What challenged my faith or generosity?
- What is God inviting me to learn for future mission?

Regular reflection connects Marian spirituality with everyday missionary service.

Formation in Practice

Monthly Marian Review: At the end of each month, each formandus meets with his formator or spiritual director to review his growth using five simple questions:

Area	Reflection Question
Prayer	Has my Marian prayer become more regular and meaningful?
Virtues	Which Marian virtue is becoming more evident in my life?
Community	How has Marian devotion strengthened my relationships with others?
Mission	How has Mary inspired my service and apostolate?
Growth	What concrete step will I take next month?

This review should encourage gratitude, honest self-assessment, and renewed commitment rather than perfectionism. Its purpose is to help formandi recognize how Marian devotion is gradually shaping them into mature disciples and joyful missionaries.

VI. Guidelines for Formators

The formator plays a vital role in helping formandi develop a mature Marian devotion that is biblical, Christ-centred, and missionary. More than teaching Marian prayers, the formator accompanies formandi in allowing Mary's example to shape their prayer, character, community life, and apostolic service. Authentic Marian devotion is learned not only through instruction but also through personal witness and faithful accompaniment.

A. Model Authentic Marian Devotion

The most effective way to teach Marian devotion is by living it. Formators should demonstrate a balanced devotion that naturally leads to Christ and inspires missionary commitment. This can be shown by:

- participating faithfully in Marian prayer;
- celebrating Marian feasts with simplicity and joy;
- referring naturally to Mary's example in formation and ministry;
- demonstrating Marian virtues in daily relationships.

A lived example often teaches more than many explanations.

B. Encourage Gradual Growth

Not all formandi have the same experience or understanding of Marian devotion. Accompany each person according to his stage of formation. Help formandi to:

- begin with simple and consistent devotional practices;
- understand the biblical foundations of Marian devotion;
- deepen their prayer gradually rather than multiplying devotional exercises;
- integrate Marian spirituality into everyday life.

Formation aims at steady growth, not external uniformity.

C. Connect Devotion with Daily Life

Marian devotion should influence how formandi live, relate, and serve. During accompaniment, invite them to reflect:

- How has Marian prayer influenced your decisions this week?
- Which Marian virtue did you consciously practise?
- How has your devotion helped you serve others with greater charity?
- Where is God inviting you to grow?

Such questions help move devotion from prayer alone to daily living.

D. Foster Community Devotion

Community celebrations strengthen both Marian devotion and fraternity. Formators may encourage:

- community Rosary and Marian prayers;
- meaningful celebration of Marian feasts;
- Scripture sharing centred on Mary's life;
- simple Marian pilgrimages or community prayer experiences.

The emphasis should always remain on deepening communion with Christ and with one another.

E. Correct Devotional Imbalances

Formators should gently guide formandi whenever Marian devotion becomes unbalanced. Common signs include:

- praying mechanically without personal reflection;
- emphasizing external practices while neglecting Christian living;

- separating Marian devotion from Scripture and the liturgy;
- focusing on Mary without allowing her to lead to Christ.

When these situations arise, patiently return to the Gospel and to the Church's teaching that authentic Marian devotion always leads to Jesus and bears fruit in charity and mission.

F. Accompany Through Regular Dialogue

Periodic conversations help formandi recognize how Marian devotion is shaping their formation. Rather than evaluating the quantity of prayers, discuss questions such as:

- How is your relationship with Christ growing?
- Which Marian virtue is becoming more evident in your life?
- What challenges do you experience in prayer?
- How has Marian devotion strengthened your missionary outlook?

These conversations encourage discernment, gratitude, and ongoing growth.

Formation in Practice

A Simple Accompaniment Conversation: Once each month, the formator may invite the formandus to reflect using these five questions:

Conversation Focus	Guiding Question
Prayer	Has my Marian prayer become more personal and Christ-centred?
Virtues	Which Marian virtue has grown most during this month?
Community	How has devotion to Mary strengthened my relationships?
Mission	How has Mary's example influenced my ministry?
Next Step	What concrete commitment will I make for the coming month?

This simple conversation keeps Marian devotion practical, reflective, and integrated with the overall journey of missionary formation. It also helps the formator focus less on devotional practices themselves and more on the spiritual fruits they produce in the life of the formandus.

VII. Assessment

The purpose of assessment is not to measure the number of Marian prayers recited but to discern whether Marian devotion is leading to a deeper relationship with Christ, growth in virtue, stronger community life, and greater missionary commitment. Assessment should encourage ongoing formation rather than function as a checklist of devotional practices.

A. Personal Self-Assessment

Invite formandi to review their Marian devotion regularly by reflecting on the following areas:

Area	Questions for Reflection
Prayer	Is my Marian prayer regular, attentive, and Christ-centred?
Virtues	Which Marian virtue is becoming more visible in my daily life?
Community	Does my devotion help me become more patient, charitable, and collaborative?
Mission	How has Mary's example inspired my ministry and service?
Growth	What is one area where God is inviting me to grow?

B. Formator's Observation

Formators should look for the fruits of Marian devotion in daily life rather than simply observing participation in devotional activities. Signs of healthy growth include:

- a consistent and reflective prayer life;
- increasing humility, charity, obedience, and hope;
- active participation in community prayer and life;
- greater generosity in missionary service;
- the ability to explain how Marian devotion leads to a closer relationship with Christ.

C. Feedback and Accompaniment

Assessment is most effective when it takes place through regular accompaniment. During monthly or quarterly meetings, the formator may discuss:

- progress in personal prayer;
- growth in Marian virtues;
- integration of Marian spirituality into community life;
- missionary attitudes and service;
- practical goals for continued growth.

Feedback should always be encouraging, honest, and oriented toward helping the formandus continue growing in discipleship.

D. Indicators of Growth

The following indicators may help both formandi and formators evaluate progress:

Healthy Growth	Needs Further Attention
Marian prayer is regular and meaningful.	Prayer has become mechanical or irregular.
Marian virtues are evident in daily life.	Devotion remains external without influencing behaviour.
Devotion strengthens community relationships.	Devotion is largely private and disconnected from community life.
Marian spirituality inspires missionary service.	Little connection exists between devotion and mission.
Mary consistently leads to a deeper love for Christ.	Mary becomes the focus rather than the one who leads to Christ.

Formation in Practice

Quarterly Growth Review

At the end of each formation term, invite the formandus to write a one-page reflection using the following questions:

1. What have I learned from Mary during this period?
2. Which Marian virtue has grown most in my life?
3. How has Marian devotion strengthened my relationship with Christ?
4. How has it influenced my community life and missionary service?
5. What concrete commitment will I make for the next stage of my formation?

This reflection can serve as the basis for dialogue with the formator and the formulation of a simple personal growth plan. It shifts the emphasis from evaluating devotional practices to discerning how Marian spirituality is shaping the formandus into a mature missionary disciple.

Good Practice for Formators: Assessment should always focus on *spiritual fruits* rather than *devotional quantity*. The goal is not to determine how many prayers a formandus recites, but to discern whether Marian devotion is helping him become more Christ-like, more available for mission, and more generous in loving service. This approach ensures that Marian devotion remains a living and transformative spirituality rather than a routine religious practice.

VIII. Conclusion

Marian devotion is far more than a cherished tradition or a collection of devotional practices. It is a formative path that leads disciples to know, love, and follow Christ more faithfully. By contemplating Mary's life, formandi learn to listen attentively to God's Word, trust His providence, serve others with generosity, and remain steadfast in every circumstance. In this way, Marian devotion gradually shapes both the heart of the disciple and the spirit of the missionary.

For missionaries, Mary is the perfect model of missionary discipleship. Her joyful "yes" at the Annunciation, her loving service during the Visitation, her fidelity at the foot of the Cross, and her prayerful presence at Pentecost reveal the attitudes that sustain every vocation: faith, humility, obedience, charity, hope, and openness to the Holy Spirit. Walking with Mary enables missionaries to proclaim the Gospel not only through their words but also through the witness of their lives.

Ultimately, authentic Marian devotion always leads to Christ. As missionaries learn from Mary's faith, humility, and readiness to serve, they become more available to God's mission and more responsive to the needs of the people they serve. Walking with Mary each day, they discover not only a model of discipleship but also a companion who continually leads them to Jesus, the source and fulfilment of every missionary vocation.

Key Takeaways

- **Christ at the Centre:** Authentic Marian devotion always deepens our relationship with Jesus.
- **Imitation of Virtues:** Mary's humility, faith, obedience, charity, and hope provide a practical model for missionary life.
- **Prayer that Transforms:** Marian prayer should lead to conversion, discernment, and faithful discipleship.
- **Missionary Witness:** Devotion to Mary bears fruit in compassionate service, joyful evangelization, and commitment to the Church's mission.
- **Lifelong Growth:** Marian devotion is a lifelong journey of becoming more like Christ under the guidance of His Mother.

Final Reflection: "Mary invites every missionary to do today what she did throughout her life: to welcome Christ wholeheartedly, to carry Him joyfully to others, and to remain faithful until the mission is complete."

Formation in Practice

As a concluding exercise, invite each formandus to prepare a **Personal Marian Growth Plan** for the coming three months. The plan should include:

- **One prayer practice** to cultivate (e.g., Rosary, Angelus, Lectio Divina with Marian passages).
- **One Marian virtue** to develop intentionally.
- **One concrete act of missionary service** inspired by Mary's example.
- **One personal commitment** to review regularly with the formator.

This simple plan helps ensure that Marian devotion remains a living, practical spirituality that continues to shape the missionary long after the module has been completed.

Appendix: Resources for Further Deepening

The following resources are intended to help both formandi and formators deepen their understanding and practice of Marian devotion. They have been selected for their theological soundness, spiritual depth, and practical value for missionary formation. Rather than consulting many resources, it is advisable to study a few well and integrate their insights into prayer and daily life.

A. Essential Church Documents

- Pope Paul VI. *Marialis Cultus* (1974). A foundational document on authentic Marian devotion, emphasizing its biblical, liturgical, and Christ-centred character.
- Pope John Paul II. *Redemptoris Mater* (1987). An encyclical exploring Mary's role in the mystery of Christ and the Church.
- Second Vatican Council. *Lumen Gentium*, Chapter VIII. The Council's teaching on the Blessed Virgin Mary in the life of the Church.

B. Recommended Books

- Pope Benedict XVI. (2012). *Jesus of Nazareth: The infancy narratives*. Image.
- Michael E. Gaitley. (2010). *33 days to morning glory: A do-it-yourself retreat in preparation for Marian consecration*. Marian Press.
- Alphonsus Liguori. (1750/1977). *The glories of Mary*. Tan Books.
- Second Vatican Council. (1964). *Lumen Gentium* (Dogmatic Constitution on the Church).
- St. Louis de Montfort. (1712/1997). *True devotion to Mary*. Montfort Publications.
- Pope John Paul II. (1987). *Redemptoris Mater*. Vatican Publishing House.
- Pope Paul VI. (1974). *Marialis Cultus*. Vatican Publishing House.

C. Digital Resources

- Hallow – Guided Rosary, Marian prayers, and meditations.
- Laudate – Catholic prayers, Marian devotions, and liturgical resources.
- iBreviary – Daily liturgy, Scripture readings, and devotional texts.

D. Practical Suggestions for Ongoing Formation

Formators may encourage formandi to:

- pray the Rosary reflectively rather than mechanically;
- meditate regularly on the Gospel passages about Mary;
- celebrate Marian feasts as opportunities for spiritual renewal;
- choose one Marian virtue each month for intentional practice;
- review their Marian growth periodically during spiritual accompaniment.