

# Marian Confirmation Companion

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*Totus Tuus, Maria*

*Mary, protect my Faith!*

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St. Maximilian Kolbe (1894-1941)

*“Our Purpose is to win the world for the Immaculata, and do it as quickly as possible.”*

St. Faustina Kowalska (1905-1938)

*“The soul’s true greatness is in loving God and in humbling oneself in his presence, completely forgetting oneself and believing oneself to be nothing, because the Lord is great, but He is well pleased only with the humble, He always opposes the proud.” Blessed Mother to St. Faustina*

St. John Paul II (1920-2005)

*“Consecrating the world to the Immaculate Heart of the Mother means returning beneath the cross of the Son. It means consecrating this world to the pierced Heart of the Savior, bringing it back to the very source of its redemption.”*

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# Introduction

## Purpose

It's dark out there! Our society and all of our institutions are rapidly losing Judeo-Christian traditions and morals. The pace of the destruction is rapidly increasing, a clear sign of impending catastrophe. The number of Catholics attending Mass weekly, the number that believe in the real presence of Our Lord in the Eucharist, the number getting married in the Church, the number of babies born and baptized and the number of young adults embracing the true faith are all rapidly decreasing. We must strengthen our Confirmation Programs because this Sacrament is the last chance we have to instruct our youth in the true Catholic faith before they leave home and enter the darkness of modern paganism.

How can we turn these trends around? St. Maximilian Kolbe had the answer: ***“We must consecrate the world to the Immaculata and do it as quickly as possible.”*** (1) This book is an attempt to bring St. Maximilian's words back to life once again.

Catholic Confirmation programs have two stages, one conducted in a classroom and the other conducted in a home setting with a Sponsor. In my 20 years of work with High School Youth Ministry and with helping our four children through this process, I have found that the Sponsor usually receives very little guidance on how to mentor their Candidate to make our Catholic Faith come alive through sound devotional habits. This book guides the Confirmation Candidate and Sponsor in learning how to invite our heavenly Mother into this process to connect us with her Divine Son Jesus. Together, we will learn to pray the Rosary, to understand the scriptural truths found in it and to understand the principles of Marian Consecration. We will learn from Mother Mary, with the help of the Holy

Spirit, how to love God above all and love our neighbor as ourselves. In order for the Catholic Faith to come alive and last a lifetime, Mother Mary must become our personal trainer and companion by first teaching us how to love her the way she loves us; and second, how to imitate the love of her Immaculate Heart, the perfect model of the two great Commandments. In this process, the candidate will receive many Divine Graces to prepare for receiving the Sacrament of Confirmation.

## **Consecration to Jesus through Mary**

When Jesus was instructing his twelve Apostles on the work of a missionary, he said *“whoever receives you receives me. And whoever receives me, receives the one who sent me.”* (Mt. 10:40) He was teaching them a truth that His mother and stepfather, St. Joseph, first experienced before He was born. When St. Joseph took Mary into his home, as the Archangel Gabriel commanded, he received Jesus into his heart and home as well and thus experienced God in a surprisingly new way. We call this **St. Joseph’s Secret Marian Blessing**. He spent his life keeping this a secret because King Herod was seeking to kill Jesus and he was commanded by Archangel Gabriel to protect Jesus and Mary by hiding in Egypt for three years.

During the next 20 weeks as you prepare for the Sacrament of Confirmation with your sponsor, we will study the stories of many New Testament saints who also received Jesus, the Father and the Holy Spirit after they first received Mary in their hearts and/or homes. You can also experience this truth and receive this great blessing which the Church calls Marian Consecration.

**Marian Consecration** is a traditional Catholic devotion which allows us to set ourselves apart for a holy purpose: that of becoming an instrument in the hands of Mother Mary. Jesus gave Mary to us as our heavenly Mother from the Cross. Consecration to Mary gives her our daily permission to become our personal trainer in living out our Christian lives each day. We become partners with her, bringing to Jesus our soul and that of others.



Consecration to Jesus through Mary allows her perfect maternal love to help us learn to love her and love God. St. Maximilian Kolbe taught us ***“Love the Immaculata! Confide in her and consecrate yourself to her without reservation. Strive to do everything as she herself would do it in your place, especially by loving God as she loves Him.”***

## **Keeping Our End in Mind**

Let’s start with our “end” in mind. (47) God is love, so to become like Him and be with Him forever, we must continuously learn how to love as He loves. This is a tough challenge; who will teach us?

First, moms will! God has ordained that every soul born on earth is immersed in sacrificial motherly love so it can learn how to pass victoriously into the next world, Heaven. As a child, we are first taught by mom to love her and to imitate her great sacrificial love for us. This teaches us the Second Great Commandment “Love your neighbor as yourself.” Our mom is the expert in loving us as herself because we were formed totally within her. At the same time, she also teaches us the First Great Commandment “Love God above all” because Jesus said: *“Whatever you do to the least of these, you do to me.”* (Mt. 25:40) Thus, when Mom loves us, she is also loving Jesus. (2)

As we outgrow our willingness to learn from our earthly mom, we must be humble and meek enough to learn from our Heavenly Mom. Mother Mary’s love is the perfect reflection of the two great commandments: She loves Jesus as herself and Jesus is her Lord and Savior. We are given no better role models to instruct us on how to get into heaven than our mom and Mother Mary. God designed this “way” and insists on it; no one is born without a mom being intimately and sacrificially involved!

Eve, the first mom, was created as a “helpmate” for Adam. Her two most important roles were to help Adam bring forth new life and to help their family hold on to eternal life. A good mom fills the second role while she is filling the first. Maybe that’s why Satan first attacked Eve. This may also

be why Satan fears Mother Mary; he fully understands how God is saving our souls through her perfect sacrificial love, which our Church names her “Maternal Mediation.” (7)

It was for these two critical roles that both Eve and Mary were created without sin—they were God’s perfect handmaidens. Adam and Eve disobeyed, thus falling into sin. In the fullness of time, God sent His only Son as the new Adam through a young virgin, Mary, His New Eve. Mary freely said yes to this plan and thus became a “helpmate” to us all: ***“Behold, I am the handmaid of the Lord. Let it be done unto me according to your Word.”*** (Lk. 1:38) Mother Mary wants to become our companion and personal trainer to prepare us for the Sacrament of Confirmation. God gave Mary to us as the model of the perfect Christian, so let’s give her our yes, daily. St. Maximilian Kolbe taught: *“If you want to grow in perfection, you cannot advance by yourselves—you need a guide. Hence, when you go to God, go through Mary and with Mary.”* (3)

## **The Most Holy Rosary**

A child learns love through mom’s repeated gentle examples: her persistent, soft-spoken words of love and her tender actions showing love. The child gains knowledge of how to love others from watching and imitating her: her loving gaze, her smile, her tender words and even her songs. As the child listens, he learns how to communicate with her and eventually say his first words. Such joy! Through these patient, repetitive actions, the child gradually learns to imitate her loving heart. Mom’s repetition is critical to learning. Once her child learns how to communicate better, she can teach him even more about her love for him and for other family members. More than anything, she desires to teach him how to love her as much as she loves him; this is the Golden Rule. ***“Do unto others as you would have them do unto you.”*** (Mt. 7:12)

In the same way that a mother constantly repeats her loving words, thus teaching her child to speak them back properly, Mary also teaches us how to speak and listen to God in his language: through the repetitive

prayer of the Rosary. She teaches her children to communicate with God through the words and the meditations of the scriptural mysteries. The Rosary has been called “the compendium of the entire Gospel” by Pope Pius XII. (4) The twenty mysteries take us through the first four books of the New Testament in chronological order, allowing us to contemplate the life of Jesus, Mary and Joseph from the perspective of the four Evangelists: Matthew, Mark, Luke and John. Reciting the Hail Mary (also known in scripture as the angelic salutation) ten times for each mystery keeps us focused in prayer, just as a rhythm carries us along in a song. This succession of Hail Mary prayers has been called an “unceasing praise of Christ.” (4) Mother Mary is teaching us how to love Jesus the way she loves Him through her tender Immaculate Heart. Pondering the Rosary mysteries also teaches us to love Mary the way the Father, Son and Holy Spirit loves her.

Centuries ago, Mary miraculously gave this rosary prayer to St. Dominic and St. Simon Stock in Marian apparitions. She told St. Dominic he could not convert souls without it. She continued to affirm this in many other apparitions throughout time, repeatedly asking us to pray it. The Saints have recited it and taught the Rosary to those they cared for. Once we learn to pray it properly, we will pray it for a lifetime as a loving gift to our Mother Mary. She loves it and she needs our rosaries to convert her many lost children.

St. John Paul II said there is nothing more powerful than combining prayer with sacrifice. *“Prayer joined to sacrifice is the most potent force in Human History.”* (5) This is really the biggest reason why Mary gave us the rosary. After the Mass, which is also prayer combined with Our Lord’s sacrifice, the rosary is the most powerful prayer we can pray.

As we pray the Rosary, we can often be very distracted with random thoughts and find ourselves fighting continuously to bring our minds back to the words we are saying or the mysteries we are pondering. Some liken it to running a marathon. When we are finished with the rosary, we can say, with St. Paul, ***“I have competed well; I have finished the race; I have kept the faith.”*** (2 Tim. 4:7)

Over the next 20 weeks, we ask you to make the sacrifice of praying at least one decade of the Rosary aloud each day with your Confirmation Sponsor and/or family. Pray that you will be open to the Holy Spirit as you prepare for Confirmation. Praying it with another strengthens our dedication and faithfulness and keeps us all accountable. If you cannot get together face-to-face with your sponsor, the rosary and meditation can be prayed aloud together using electronic media such as a cell phone or computer. Make it a daily habit as a concrete sign of your love for Mary and you will experience powerful graces from this prayer on your Confirmation day. “What graces will I experience?” you might ask. Read the 15 Promises to Those Who Pray the Rosary in the Appendix.

### **St. Joseph’s Secret Marian Blessing**

St. Joseph displayed great confidence and trust in God by his prompt acceptance of God’s will! In a dream, the Archangel Gabriel directed him to take Mary and the unborn Jesus into his home. This act shows great strength, love and character towards God and Mary. Joseph received, in return, a wonderful companion & helpmate in his spiritual journey through life and into heaven. After Mary came into his heart and home, St. Joseph personally met God in a surprisingly new way—as a divine infant son! Emmanuel! God is with us!

What wonder he experienced at the birth of the Son of God! Traveling a hundred miles to Bethlehem, the guidance of a miraculous star, the birth in a cave used for cattle shelter, the welcome party of poor shepherds and the three Magi—heavenly confirmations of who this child truly is. He must have been in such awe of all that transpired. He then showed great courage and strength once again as he obeyed after being told by the Archangel to leave everything and take Jesus and Mary to Egypt because King Herod was seeking to kill their child. In Egypt, he built a new life for his family as an immigrant carpenter. After three years, the angel told him that it was safe to return home. He raised Jesus with love; he guided, protected and provided for him through the years. It is

likely that after hiding the family from Herod for three years, St. Joseph was careful the rest of his life to keep the Divine identity of his child a secret.

Although St. Joseph's story is told in scripture, none of his words are recorded. However, he held this great secret in his heart. He took Mary into his heart and home and was never the same. St. Joseph's Secret Marian Blessing can be expressed in a universal way that applies to each of us: **After taking Mary into his heart and home, he met God in a surprisingly new way.** His experience was confirmed later by Jesus himself teaching His apostles: ***“Whoever receives you receives me. And whoever receives me, receives the one who sent me.”*** (Mt. 10:40) Thus, when Joseph received Mary, he received Jesus.

How does this apply to us today? St. Joseph's experience as Mary's husband closely parallels that of new husbands throughout time, even though both he and Mary were sexually chaste their entire lives. A new husband, after taking his new bride into his heart and home, discovers the presence of God when he beholds the face of his newborn child. ***“Then God said: Let us make human beings in our image, after our likeness.”*** (Gn. 1:26) In ancient times, the exact time of birth was always a surprise, as was the gender of the child. The new dad looks into the face of his child and concedes to himself, “I did not fashion this child with my hands.” His wife agrees that this child was not made with her hands either, for he is a miraculous gift to them from God himself, just as Eve declared after her first child: ***“I made a man with the help of God.”*** (Gn. 4:1). God has visited their home and life will never be the same. This child will bring incredible amounts of new experiences, new hope, new joy and new love to the couple for years to come—all because a new husband took his new wife into his heart and home and sincerely loved her with his whole self. Reflect on this scripture passage about the coming Messiah and ponder its universal meaning: ***“Behold, a virgin shall conceive and bear a son, and his name shall be called Emmanuel (which means God-with-us).”*** (Mt. 1:23)

Over these next twenty weeks, we will explore New Testament scriptures that reveal many other examples of those who experienced **St. Joseph's Secret Marian Blessing** after they received Mary into their heart and home. Some of them include St. Elizabeth, her child St. John the Baptist and her husband Zechariah; the shepherds at Bethlehem; the Magi; Simeon and Anna in their Temple home; the wedding party at Cana; Mary of Bethany (Mary Magdalene), her sister Martha and her brother Lazarus; Mary the sister of Mother Mary; the two disciples journeying to Emmaus; and the apostles. Jesus appeared to the twelve at the Last Supper as the Eucharistic Bread and wine, on Easter Morning as the Resurrected Lord and on Pentecost Sunday as the wind and flames of the Holy Spirit. Peter, James and John also met God the Father in a cloud on a mountaintop and saw Jesus transformed, shining like the sun during His Transfiguration. Those Apostles who were with John the Baptist at the beginning saw Jesus rise out of the water after His baptism in the Jordan when the heavens opened; a dove appeared, and God's voice was heard. St. Veronica and those gathered with Mary beneath the cross on Good Friday sadly saw Him disfigured beyond recognition. We can truly say that for all these who received Mary into their hearts and homes, ***“The Word of God became flesh and dwelt among them.”*** (Jn. 1:14) This is exactly what happened to Mary herself when she welcomed the Archangel Gabriel into her home and heart and said yes to God's messenger.

Saint Joseph would like each of us to experience this great surprise blessing from his spouse by asking us to invite her into our heart and home as he did. This great Marian blessing may take various forms, but it is always an unexpected surprise, and always brings new divine life from heaven. It is why her greatest title is “Mary, Mother of God,” who through this virtue of domestic hospitality, brings God, whom she bears in her heart, into all her human loving relationships. Universally, mothers always bring new life into the homes and hearts of every loving family—this is what moms do!

We should all look to St. Joseph to help guide us and protect us on our journey to personally know his spouse Mary and his son Jesus.

Finally, when we do experience God in a surprisingly new way, St. Joseph doesn't want us to keep it a secret! If we don't share our personal stories, they will never be told. Share your new experience with your friends and family—it is good news! Emmanuel! As you prepare for Confirmation, pray daily to receive this great surprise blessing:

*St. Joseph, at the command of the Archangel Gabriel, you invited Mary into your heart and home. You soon discovered God in a surprisingly new way—as your newborn infant son Jesus. I wish to invite Mary into my heart and home. Show me how to love her as you did so I too will experience God anew in my life. Finally, protect me and my family from all evil as you protected your Holy Family. Amen.*

## **The Natural and Spiritual Logic of Marian Consecration**

- A mother is naturally an expert in loving her infant as herself because her child is, in many ways, herself! Her child was totally formed within her. No other person on earth has this unique, personal love relationship with her child. Thus, within the family, a mother is the most expert teacher of the second great commandment: “Love your neighbor as yourself.” (6, #1954-1960)
- A mother is naturally an expert in loving her infant with her whole heart, whole soul and whole mind because her child is not only formed wholly within her but she has developed a unity of hearts with her child for nine long months before birth. Mom's whole body is fully engaged for nine months in developing this child, including her whole mind and whole soul. A careful observer of a mother loving her new infant can discern that she truly loves her child with her whole heart, whole soul, whole mind and whole strength. If you ask a new mother

if she loves her child with her whole being, she will say, “Absolutely!” Jesus taught: ***Whoever receives one child such as this in my name, receives me. And whoever receives me, receives not me but the One who sent me.*** (Mk. 9:37) Thus, within the family, a mother is the most expert teacher of the first great commandment: ***“You must love the Lord your God with your whole heart, your whole soul, your whole mind and your whole strength.”*** (Mk. 12:30)

- Jesus taught us the importance of these two great commandments: ***“The whole law and the prophets depend on these two commandments.”*** (Mt. 22:40) To the young man who asked Jesus, “What must I do to inherit eternal life?” he said, ***“Do this and you will live.”*** (Lk. 10:28) Thus, a mother has a unique gift: being granted the charism to help each member of her family into eternal life. Mom can authentically quote to each child Jesus’ new commandment: ***“I give you a new commandment, love one another. As I have loved you, so you also should love one another..”*** (Jn. 13:34) Our Catholic Catechism says, “This new commandment summarizes all the others and expresses His entire will.” (6, #2822)
- It follows from this reflection on motherhood that God’s original purpose for creating Eve as a “helpmate” for Adam was at least twofold: to help Adam bring forth new life on earth (teaching the family to love neighbor as self) and to model the love of God above all else. St. John Paul II said that “men need women’s help to be brought back into personal relationships in order to progress toward the union of hearts.” (7) This is confirmed by scripture when Jesus gives us, with His dying breath, His Mother as our mother. In the same way, Mary’s purpose as the New Eve is to teach us the two great commandments so that we may gain eternal life. Thus, God has willed that every person born come through this baptism of sacrificial motherly love, mercy, truth and beauty to teach each soul how to live in grace and make it back into heaven. God wants to ensure that each soul coming



into our world makes it back to their true home and their true Creator. Satan knows this, hates this and hides this!

- The evil one knows this plan and thus targets every one of his attacks on motherhood, as pictured by the red dragon of the Book of Revelation waiting to devour her child upon birth. (Rev. 12:1-6) Look at every social evil our Church has denounced and see that each is an attack on motherhood, fatherhood and this process for bringing souls into heaven through the family. It seems that God placed these two great commandments into the hearts of mothers, and most perfectly into the heart of His Mother Mary. Thus, when we invite Mary into our heart and home daily and learn from her how to love God and neighbor, we are ensuring our chances of going to Heaven to live with our Father forever.
- The essence of **Marian Consecration** is to give Mary permission each day to be what God intended her to be: our spiritual mother. This requires great humility and love, a stumbling block to most. Consecration allows us to form a unity of hearts with Mary as any mother naturally does with each of her children. Mom's unity of heart with her child is clearly seen in her holding her child so close to her heart for many years after birth. Mom is imprinting her unity of heart physically to her child's whole self for all of the family to see. Do we not learn how to love tenderly by watching Mom love her children?
- St. Teresa of Calcutta's version of Marian Consecration focuses on this exchange of hearts: we give Mary our heart, and she gives us her Immaculate Heart. Mother Teresa expresses this by two very simple prayers: "Mary, lend me your heart" and "Mary, keep me in your most pure heart." The saint taught us in her **List of Duties** (see Appendix) that we all have the right to enter into Mary's heart, to share in her interior life. (1)
- Since the Lord is always "with her", when we join hearts with Mary we experience Our Lord's Divine Sacred Heart. Jesus also promises

us, ***“When two or more are gathered in my name there I am in their midst.”*** (Mt. 18:20) If God the Father chose her to be mother of His son Jesus, and if Jesus offered her to us as our mother from the cross, then we should graciously receive this wonderful gift that leads to more of God’s presence in our life. (9)

## **Consecration to Jesus through Mary: Our 20 Week Plan**

This plan is not meant to take the place of a parish-based Sacramental Confirmation program but to augment it. In this program, you and your Sponsor are asked to spend one week on each of the twenty mysteries of the Rosary, reciting at least one decade each day aloud with your Sponsor and/or family. If you cannot meet face-to-face, meet virtually by phone or computer. You will meditate once each week on one Rosary mystery and one commandment and discuss the suggested question with your Sponsor. In addition, each week we will introduce a Principle of Marian Consecration for reflection. The “First” principle has already been discussed in this introduction; it is ***Emmanuel, God is with us.*** We say it in every Hail Mary when we say, *“The Lord is with you.”* You are also asked to consecrate yourselves to Jesus through Mary daily using four different consecration prayers for each of the four sets of Mysteries. This will immediately give Mary permission to start to develop a personal relationship with you through the Holy Spirit. Mother Mary will fully prepare the sincere Candidate and Sponsor to open up to their Sacramental Confirmation graces and to experience the Holy Spirit in surprisingly new ways. This will enable you to be successful in living a vibrant and mature Catholic Christian life.

## **Renewal of Baptismal Promises**

Before we begin this Journey, let us renew our Baptismal Promises and remind ourselves and Jesus that we have contrite and repentant hearts. (See Appendix) This gives permission to Jesus to pour out his great mercy on us. We will do

this with the Bishop at Confirmation; but let's prepare starting today by making this renewal. Mary will be very pleased with us and will help us mean what we promise.

### **First Pledge**

Let each of us make the pledge below to give our whole heart to Mother Mary and to be obedient to the daily sacrificial discipline of this process to prepare for our Confirmation. Sign your book and date it, it is a pledge to Mary and yourself.

**I, \_\_\_\_\_pledge to you Mother Mary that I will faithfully study each lesson and pray at least one decade of your Most Holy Rosary aloud each day over the next 5 weeks with my Sponsor and/or family members. I ask you, Mother, to teach me how to love you the way you love me. I desire to learn with your help how to love God and neighbor according to His Divine Will. I pray this in the Name of the Father, the Son and the Holy Spirit. Amen.**

**Signed and Dated by Candidate:\_\_\_\_\_**  
**and by Sponsor \_\_\_\_\_**

**Notes:**

## Rosary Prayers

### Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth,  
and in Jesus Christ, His only Son, our Lord,  
who was conceived by the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified,  
died and was buried; He descended into hell; on the third day He  
rose again from the dead;  
He ascended into heaven, and is seated at the right hand of God  
the Father Almighty;  
from there He will come to judge the living and the dead.

R. I believe in the Holy Spirit, the Holy Catholic Church, the  
communion of Saints, the forgiveness of sins, the resurrection of  
the body, and life everlasting. Amen.

### Our Father

Our Father, who art in heaven, hallowed be thy Name, thy  
kingdom come, thy will be done, on earth as it is in heaven.

R. Give us this day our daily bread and forgive us our trespasses, as  
we forgive those  
who trespass against us and lead us not into temptation,  
but deliver us from evil. Amen.

### Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou  
among women, and blessed is the fruit of thy womb, Jesus.

R. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit.

R. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Fatima Prayer

Oh, my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to heaven, especially those in most need of thy mercy. Ave, Ave, Ave Maria. Ave, Ave, Ave Maria.

Concluding Prayers

Hail, holy Queen, Mother of mercy, our life, our sweetness and our hope, to thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears; turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus.

O clement, O loving, O sweet Virgin Mary!

Pray for us, O most holy Mother of God,

R. That we may be made worthy of the promises of Christ.

O God, whose only begotten Son, by His life, death, and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that while meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, that we may imitate what they contain and obtain what they promise, through the same Christ Our Lord. Amen.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



Ref. (40)