

## **Method of Communion for those consecrated to Mary according to the method of St. Louis de Montfort**

*St. Louis de Montfort – True Devotion to Mary*

### **Before Holy Communion**

- 1) Place yourself humbly in the presence of God.
- 2) Renounce your corrupt nature and dispositions, no matter how good self-love makes them appear to you.
- 3) Renew your consecration saying, "I belong entirely to you, dear Mother, and all that I have is yours."
- 4) Implore Mary to lend you her heart so that you may receive her Son with her dispositions. Remind her that her Son's glory requires that he should not come into a heart so sullied and fickle as your own, which could not fail to diminish his glory and might cause him to leave. Tell her that if she will take up her abode in you to receive her Son - which she can do because of the sovereignty she has over all hearts - he will be received by her in a perfect manner without danger of being affronted or being forced to depart. "God is in the midst of her. She shall not be moved."

Tell her with confidence that all you have given her of your possessions is little enough to honour her, but that in Holy Communion you wish to give her the same gifts as the eternal Father gave her. Thus she will feel more honoured than if you gave her all the wealth in the world. Tell her, finally, that Jesus, whose love for her is unique, still wishes to take his delight and his repose in her even in your soul, even though it is poorer and less clean than the stable which he readily entered because she was there. Beg her to lend you her heart, saying, "O Mary, I take you for my all; give me your heart."

### **During Holy Communion**

After the Our Father, when you are about to receive our Lord, say to him three times the prayer, "Lord, I am not worthy." Say it the first time as if you were telling the eternal Father that because of your evil thoughts and your ingratitude to such a good Father, you are unworthy to receive his only-begotten Son, but that here is Mary, his handmaid, who acts for you and whose presence gives you a special confidence and hope in him.

Say to God the Son, "Lord, I am not worthy", meaning that you are not worthy to receive him because of your useless and evil words and your carelessness in his service, but nevertheless you ask him to have pity on you because you are going to usher him into the house of his Mother and yours, and you will not let him go until he has made it his home. Implore him to rise and come to the place of his repose and the ark of his sanctification. Tell him that you have no faith in your own merits, strength and preparedness, like Esau, but only in Mary, your Mother, just as Jacob had trust in Rebecca his mother. Tell him that although you are a great sinner you still presume to approach him, supported by his holy Mother and adorned with her merits and virtues.

Say to the Holy Spirit, "Lord, I am not worthy". Tell him that you are not worthy to receive the masterpiece of his love because of your lukewarmness, wickedness and resistance to his inspirations. But, nonetheless, you put all your confidence in Mary, his faithful Spouse, and say with St. Bernard, "She is my greatest safeguard, the whole foundation of my hope." Beg him to overshadow Mary, his inseparable Spouse, once again. Her womb is as pure and her heart as ardent as ever. Tell him that if he does not enter your soul neither Jesus nor Mary will be formed there nor will it be a worthy dwelling for them.

## After Holy Communion

After Holy Communion, close your eyes and recollect yourself. Then usher Jesus into the heart of Mary: you are giving him to his Mother who will receive him with great love and give him the place of honour, adore him profoundly, show him perfect love, embrace him intimately in spirit and in truth, and perform many offices for him of which we, in our ignorance, would know nothing.

Or, maintain a profoundly humble heart in the presence of Jesus dwelling in Mary. Or be in attendance like a slave at the gate of the royal palace, where the King is speaking with the Queen. While they are talking to each other, with no need of you, go in spirit to heaven and to the whole world, and call upon all creatures to thank, adore and love Jesus and Mary for you. "Come, let us adore."

Or, ask Jesus living in Mary that his kingdom may come upon earth through his holy Mother. Ask for divine Wisdom, divine love, the forgiveness of your sins, or any other grace, but always through Mary and in Mary. Cast a look of reproach upon yourself and say, "Lord, do not look at my sins, let your eyes see nothing in me but the virtues and merits of Mary."

