

“Tell her about everything that happens to you”

—Do you want to love Our Lady? —Well, get to know her. How? —By praying her Rosary well. But, in the Rosary... we always say the same things! —Always the same? And don't those who are in love always say the same things to each other?... (Holy Rosary, Fourth Prologue)

28 May

If we truly got to know Mary our Mother, how quickly the supernatural virtues would grow in us! Let us not be shy about repeating short prayers and aspirations to her throughout the day. There is no need to say them out loud, we can say them in our heart. Christian devotion has gathered together many of these loving words of praise in the Litany which accompanies the Holy Rosary. But each one of us is free to think up new ones, and address new praises to her, telling her with our heart—with a holy bashfulness that she understands and approves—what we would not dare to say out loud.

Finally, I would recommend that, if you haven't already done so, you find out for yourself by personal experience the meaning of Mary's maternal love. It is not enough just to know she is our Mother and to think and to talk about her as such. She is your Mother and you are her son.

She loves you as if you were her only child in this world. Treat her accordingly: tell her about everything that happens to you, honour her and love her. No one will do it for you or as well as you, if you do not do it yourself.

I give you my word that, if you set out along this way, you will quickly discover all the love of Christ: and you will find yourself drawn into the ineffable life of God the Father, God the Son and God the Holy Spirit. You will draw strength from it to put the Will of God fully into practice, and you will be filled with desires of serving all men. You will be the Christian you have sometimes dreamed of being: full of works of charity and justice, happy and strong, understanding towards others and demanding on yourself.

This, and no other, is the kind of faith we want. Let us have recourse to our

Mother Mary; she will accompany us
and help us make firm and constant
progress. (Friends of God, 293)

pdf | document generated
automatically from [https://
dev.opusdei.org/en-au/dailytext/tell-her-
about-everything/](https://dev.opusdei.org/en-au/dailytext/tell-her-about-everything/) (05/08/2025)