

## **SOME WAYS THAT PRO SANCTITY MEMBERS CAN MAKE PRAYER TO OUR LADY OF TRUST A WAY OF LIFE...**

1. Use a copy of the prayer to Our Lady of Trust (p 4) as a bookmark for you Bible and say the prayer each time you begin to read from the Scriptures.
2. Display a picture of Our Lady of Trust in your home as a reminder to think of her and pray to her often.
3. Occasionally recite one of the meditative rosaries (examples are given in another section of this packet) to Our Lady of Trust instead of praying the Joyful Mysteries of the Rosary.
4. As a part of your thanksgiving after communion (or at any time) ask for her intercession: “Dear Blessed Mother Mary, Our Lady of Trust, show me how to trust Father, Son and Holy Spirit as you did.”
5. On days when you feel you cannot trust anyone or anything, take a moment to tell Our Lady of Trust about the way you feel – from your heart and in your own words.
6. Make a commitment to yourself to attend the annual celebration in honor of Our Lady of Trust sponsored by your Pro Sanctity Center. Examples of celebrations are given in another section of this packet.
7. These are only a few suggestions – you will probably think of many more that suit you and your prayer life.