



Day 9: Prayer

Jesus, the Son who Prays

“Now during those days he went out to the mountain to pray; and he spent the night in prayer to God.” Luke 6:12

Jesus is the beloved Son of the Father who is constantly in prayer. For Jesus, prayer is not merely a daily task, ritual, or obligation, but His very life source. In other words, prayer is for Him all about a sacred relationship with His Father and the Holy Spirit. Prayer is the intimacy that is constantly shared between the Persons of the Holy Trinity. No matter what time of the day, whether in silent prayer, manual labor, or in relationships with others, Jesus was at all times living in relationship with His Father. As the Son, He lived with an interior openness that was always ready to receive the gift of love and communion from His Father. We call this prayer.

Mary, the Mother of Prayer

Mary, as the Mother of Jesus, along with St. Joseph, was His great teacher of prayer. We stand before a profound mystery here as we speak of the Person of Jesus, who is fully God and fully man. It is helpful to remember that because Jesus was fully human, he needed a mom and dad to teach Him how to pray. We can meditate on the tender moments of Mary and Joseph teaching Jesus to pray with the Torah, the Psalms, and the other sacred Jewish prayers. Mary was the mother of His prayer as she tenderly held him in the sacred space of prayer before God. With her motherly love, she encouraged, protected, and fostered constant prayer with Jesus. He rejoiced in her prayerful attention that always reflected who He was in the eyes of His Father, especially in the interior life of prayer.

St. Juan Diego and Us

You are made for prayer. As we pray with the story of Our Lady of Guadalupe and St. Juan Diego, we have to remember that the context of the whole story takes place in prayer. Juan Diego is on his way to the Church to pray and to take part in Catechism class, as he says to Our Lady “to follow the things of God.” (*Nican Mopohua*, 24). As a baptized son of God, his heart was disposed to prayer as he walked along the way. His heart was sensitive to the supernatural reality of grace in his life as the Mother of Jesus came to him on Tepeyac Hill and filled the air with wonderful divine melodies. With tender affection, you too are invited to receive Our Lady’s presence and words: “put it in your

heart” (*Nican Mopohua*, 118). At every moment, God was drawing close to Juan Diego through His loving plan and providential designs. How aware are you of the love God is constantly showering upon you? As a beloved son of the Father and of Our Lady Mary, may your heart be open at every moment to receive all the graces that they are giving you.

Prayer

O Jesus, we adore You, we love You, and we thank You for the gift of Your presence. You are the beloved Son who is constantly praying to His Father. You are open and receptive at every moment to the living relationship You have with the Father and the Holy Spirit. Teach us now to be sons after Your own heart, truly sons of prayer. We ask You now to hear this prayer.

Our Lady of Guadalupe, Mother of God and Mother of us, draw us close to your heart. As you taught Jesus and Juan Diego how to pray, come close to teach us how to become sons of prayer, open and receptive to God’s presence. Please come and fill us with your love.

Amen.

After reading today’s reflection, [pray the Litany of Restoration of Sonship.](#)