



O Immaculate Heart of Mary, I pray to withstand the trials with which God shall test my love. Teach me virtue and construct within my soul: faith, hope, love, humility, obedience, patience, prudence, temperance.... Take me to Your heart and caress my infant soul as Your own and guard my spirit under the mantle of Your protection. Amen.

Then say:

Our Father who art in heaven.....

Followed by:

Come Holy Spirit, come by means of the powerful intercession of the Immaculate Heart of Mary, Your well beloved Spouse.

Pray this and make some little act of penance each day.