

Spiritual Bouquet to Our Blessed Mother

Option for At-Home Adaptation

Materials:

- ◆ *Flowers, greenery, or some other type of small gift like hearts or flowers cut out of colored construction paper
- ◆ Small note cards or slips of paper
- ◆ Pens, crayons, or markers
- ◆ Small basket or other container to hold the prayer intentions
- ◆ Vase of water (if using fresh flowers or greenery)
- ◆ **Statue, icon, or image of the Blessed Virgin Mary
- ◆ Copies of the *Litany of the Blessed Virgin Mary, Mother of Life* (optional, respectlife.org/action-guides)

**This activity can also be completed without flowers or any other type of gift. Simply place your written intentions in a basket before the designated statue or image of Our Lady. Or, you could draw a flower or another image next to your prayer intention on the paper.*

***If you don't have any of these in your home, find an image online to display on a computer or other type of screen.*

Directions:

1. Gather your materials. Look around your own yard for flowers or greenery that might be available, or pick some up at the store.
2. Set up a small table for your Marian spiritual bouquet. Place on the table your statue or image of Our Lady with a small basket for prayer intentions and a vase with water or other receptacle for your little gifts. Put writing utensils and something to write on nearby.
3. Pre-cut notecards or small slips of paper.
4. Invite household family members to participate in the spiritual bouquet. Participants can write down on the notecards or slips of paper what they would like to ask Our Blessed Mother to intercede for. They can then be invited to place their prayer intentions in the basket, as well as to place their flowers or other gifts in the vase or other receptacle in thanks for Our Lady's maternal love and care.
5. When all participants have presented their prayer intentions and gifts to Our Lady, offer a closing prayer of your choosing. Some options include [A Prayer for Pregnant Mothers](#) or the [Litany of the Blessed Virgin Mary, Mother of Life](#).
6. Encourage family members to pray throughout the week for all the intercessions placed under the care of Our Blessed Mother.

The purpose of this activity is to seek the intercession of Our Blessed Mother for all the intentions of our hearts related to the observance of Mother's Day, as well as to thank her for her motherly love for us. Assess what works best for your circumstances and make adaptations or changes as needed!

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