



THE ANGELUS PROMISE

The Angelus Promise is a spiritual exercise created to assist you to embrace the message of Our Lady, as expressed in the Angelus. It invites you to "share in the joy of the Annunciation" by following Mary's openness to God's call, through her faith-filled "yes". Through your own faith-filled "yes", the Lord will work wonders in your life.

R: The Angel of the Lord declared unto Mary

V: And she conceived by the Holy Spirit

As God once chose Mary to become the Mother of His Son through the message of an angel, so He chooses me this day, and invites me through the ministry of the Church or the example of another, to seek and do His Will at this moment in my life.

Hail Mary full of Grace...

R: Behold the handmaid of the Lord

V: Be it be done unto me according to thy Word

Mary's response to her invitation, "let it be done to me according to your Word", opened her heart to God's grace and all things became possible. Let my "yes" today take away fear, as I embrace God's Will, and like Mary "ponder these things in my heart".

Hail Mary full of Grace...

R: And the Word became flesh (*Bow or genuflect*)

V: And dwelt among us

At a moment in history, Mary's faith-filled "yes" conceived Him, first in her heart, which then led to the birth of our Saviour.

Through accepting Him in my heart, enable me to recognise my role in bringing Christ to my sisters and brothers today.

Hail Mary full of Grace...

R: Pray for us most holy Mother of God

V: That we may be made worthy of the promises of Christ

Let us pray: O Holy Mother of God, pray for us, and assist us as we dedicate ourselves this day. Your Yes at the Annunciation brought our Saviour Jesus into the world, and you invite us to contemplate the great mystery of the Incarnation, sharing your joy in announcing that "the Word was made flesh and lived among us." May our yes, this day, open our hearts to serve our sisters and brothers in this your Dowry, that they too may share our joy in the Good News that God walks among us. We make this prayer through Christ our Lord. Amen.