

EARLY PRACTICE

This practice was done by Franciscans and eventually developed into the Angelus prayer.

One of the first to practice this and to recommend it was Saint Anthony of Padua (1195—1231). His purpose was "to honor the spotless Virginity of Mary and to preserve a perfect purity of mind, heart and body in the midst of the dangers of the world".

OTHER RECOMMENDATIONS

Later on, Saint Leonard of Port Maurice "had the three Ave Marias recited morning and evening in honor of Mary Immaculate, to obtain the grace of avoiding all mortal sins during the day or/and night; moreover, he promised in a special manner eternal salvation to all those who proved constantly faithful to this practice."

Doctor of the Church Saint Alphonsus Liguori (1696-1787) adopted this pious practice and highly recommended it. He told parents to train their children to acquire the habit of saying three Hail Mary's in the morning and evening. After each Hail Mary, he advised that the following prayer be said: "By thy pure and Immaculate Conception, O Mary, make my body pure and my soul holy."

According to the Saint Martha Catholic Church of the Pallottine Fathers, after Night Prayers: "Many saints have had the practice of adding three Hail Mary's here in honor of Mary's purity for the grace of a chaste and holy life." (<http://www.stmartha.org/Prayers.htm>) Thus, it has been recommended as a daily practice for people who have received confirmation that they pray the Three Hail Mary's for "purity of mind, heart and body" after examination of conscience, before going to bed. ** (excerpted from <http://en.wikipedia.org>)



Hail
Mary

Full of
Grace...



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Novena of The Three Hail Mary's



In Honor of the Power, Wisdom
and Loving Mercy
of the Blessed Virgin Mary!

Novena of the Three Hail Mary's

(May be prayed at anytime)

I

*Oh, Immaculate Mary, Virgin most Powerful, I beseech you, through that immense Power which you have received from the eternal Father, obtain for me Purity of heart, Strength to overcome all the enemies of my soul, and the special favor I implore in my present necessity. **(State your intention here...)**

Mother most Pure! Forsake me not, despise not my prayer, graciously hear me for God's glory, your honor, and the welfare of my soul. To obtain this favor I honor your Power by reciting one Hail Mary.

HAIL MARY...

II

Oh, Virgin Mary, my Mother, through that ineffable Wisdom bestowed upon you by the Incarnate Word of God, I humbly beseech you, obtain for me Meekness and Humility of heart, a perfect knowledge of the divine Will, and strength to accomplish it always. Oh Mary, Seat of Wisdom, as a tender Mother lead me in the path of Christian Virtue and perfection, enlighten and enable me to do what is most pleasing to your beloved Son, and obtain my petition. **(State your petition here...)**

To obtain this grace I honor your Wisdom by reciting one Hail Mary.

HAIL MARY...

III

Oh, Mother of Mercy, Mother of penitent sinners, I stand before you sinful and sorrowful, beseeching you through the immense Love given to you by the Holy Spirit for us poor sinners, obtain for me true and perfect contrition for my sins, which I hate and detest with all my heart, because I love God. Mother most Merciful, help me in my present necessity. **(State your intention here...)**

Turn then, those eyes of Mercy toward us, Oh Clement, Oh Loving, Oh Sweet Virgin Mary! To obtain this precious gift, I honor your Loving Mercy by reciting one Hail Mary.

HAIL MARY...

*(excerpted from: www.catholicdoors.com)

EFFICACIOUS NOVENA OF THE THREE HAIL MARY'S

****Three Hail Mary's** is a traditional Roman Catholic devotional practice of reciting three Hail Mary's as a petition for purity and other virtues. Believers recommended that it be prayed before going to bed, and after the examination of conscience at night. This prayer has been recommended by St. Anthony of Padua, St. Alphonsus Liguori, St. John Bosco and St. Leonard of Port Maurice. Two saints, Mechtilde and Gertrude, believed they had received revelations from the Blessed Virgin Mary on the excellence of this practice.

REVELATIONS FROM THE BLESSED VIRGIN MARY

St. Mechtilde (1241-1298), a Benedictine nun, claimed she had received a private revelation from the Virgin Mary on how the Three Hail Mary's honor the three persons of the Blessed Trinity. This was the prayer that she said she had been taught:

Hail Mary, etc. O Holy Mary! Our sovereign Queen! As God the Father, by His omnipotence, has made thee most powerful, so assist us at the hour of our death, by defending us against all the power that is contrary to thine. Hail Mary, etc.

O Holy Mary! Our sovereign Queen! As God the son has endowed thee with so much knowledge and splendor, that it enlightens all Heaven, so in the hour of our death, illumine and strengthen our souls with the knowledge of the true faith, that they be not perverted by error or pernicious ignorance. Hail Mary, etc.

O Holy Mary! Our sovereign Queen! As the Holy Ghost has plentifully replenished thee with the love of God, so instill into us at the hour of our death, the sweetness of divine love, that all bitterness at that time may become acceptable and pleasant to us Hail Mary, etc.

According to Saint Gertrude (1256-1302), the Blessed Virgin Mary promised the following: ***"To any soul who faithfully prays the Three Hail Mary's I will appear at the hour of death in a splendor of beauty so extraordinary that it will fill the soul with Heavenly consolation."***