



## MARIAN DEVOTION SELF-SURVEY:

This self-survey is based on St. Louis de Montfort's marks of "authentic devotion" (*True Devotion*, 50). Use it periodically (daily, weekly, monthly) as a way to check-up on how well you are *Marianizing* your life.

- **Interior**

Is my devotion interior in addition to being exterior? Am I seeking to grow in intimacy with Jesus through Mary or am I too focused on the external expressions of my devotion? Do I lift my thoughts and desires to Mary during the day? Do I let situations become doorways to place myself next to Mary interiorly and try to live each moment as she lived? For example, in suffering, do I place myself next to her at the Cross? In joyful occasions do I unite my joy to hers at the Visitation or at Bethlehem? In uncertainty do I hold to faith and ponder in my heart on the Lord's ways as she did at the Annunciation and in the Temple?

- **Trustful**

In the face of any difficulty, do I place my confidence in Mary? Do I make *acts of confidence* entrusting myself to Jesus through her? Do I entrust even my routine daily tasks to her? Do I entrust to her only the things I struggle with or also the things I do well? Do I thank her for always helping me?

- **Holy**

Do I avoid sin and its occasions so as to please her and to keep her close, that is in a truly filial way? Is my devotion moving me to grow in grace and virtue? How is Mary being a model for me in growing in a particular virtue? How is Mary helping me deepen my love for the Holy Trinity? Am I asking the Holy Spirit to help me love and serve Jesus in Mary? Am I docile to the Spirit's inspirations like she was? How can I follow her example and be more docile?

- **Constant**

Do I have a particular way of expressing my devotion to Mary exteriorly (Rosary, praying the Little Office, Angelus, etc.)? Am I prudent in setting aside the time needed to fulfill my commitment? Or do I just "wing it" hoping a free moment will arise? If I do fail to practice my devotion in this way, do I resolve to start again the next day? Do I renew my consecration frequently (daily, weekly, or at least once a month)?

- **Disinterested**

Am I more concerned about serving Mary for the good she does for me or for the good I can do for her? In other words, do I have a purity of intention in loving and serving Mary? Am I seeking her *love* or the *consolation* that comes from loving her?