

## How to prepare the Children for Consecration to the Immaculate Heart of Mary

This consecration is based on the book: Children, Help My Heart to Triumph! By Sister Emmanuel

First Step: Send a letter to the parents explaining the Consecration. **(Annex 1)**

### **Day 1: Prepare our Hearts with Prayer**

1. Movie, The Day the Sun Danced (Fátima), Ctrl Click <https://youtu.be/Lq73fk01z2E>
2. Need rosaries to send home and need to print/copy coloring book: ***My book of Prayers for the Consecration to the Immaculate Heart of Mary (Annex 2).***
3. Craft: Prayer Altar - Virgen Mary with prayers **(Annex 3)**

### Explanation:

What does it mean to consecrate oneself to the Immaculate Heart of Mary? It is an exchange of hearts: we give Mary our heart so she will take care of it; and She gives us Her heart so we can love and give to others as She does. She will be able to guide us because we will have Her heart, Her thoughts, Her sentiments within us. What could be better than to have the incredible gift of the Immaculate Heart of Mary in us!

Watch the movie or read the story of Our Lady of Fatima. Ask them questions about the movie.

Main messages: The Virgen Mary asked the 3 shepherd children in Fatima to pray the Rosary and do small sacrifices for the conversion of sinners. Mary trusted the children. She knew God listened to their prayers. They can help Jesus and Mary.

The Angel of Peace asked them to pray saying, **“The hearts of Jesus and Mary listen to your prayers.” “Pray, Pray, a lot. Offer to the Lord Prayers and sacrifices.”**

The Angel of Peace taught them a prayer they should pray often:

**“My God, I believe, I adore, I trust, and I love you. I beg pardon for those who do not believe, do not adore, do not trust, and do not love you.”**

What is Prayer?

Prayer is talking to God. He is our best friend; He wants to share our feelings, our thoughts, and our activities the whole day. He loves us very much and wants to help us.

He wants us to pray with our heart. This means we pray with all our attention and with all our love.

We can pray with our own words, with the worlds Jesus taught us (the Our Father), or the prayers that the Church teaches us. Prayer is a powerful weapon against evil and to grow in holiness. The Virgen Mary says the Rosary, in particular, is a powerful weapon against evil and helps us to grow in holiness.

Make the altar craft (see below).

Give instructions for week 1 of My Book of Prayers for the Consecration to the Immaculate Heart of Mary.

### **Day 2: Prepare our hearts with small sacrifices**

1. Movie: St. Bernadette, Princess of Lourdes, (Ctrl Click) <https://youtu.be/BTAd8GqsQ14>
2. Craft: Envelope with treasure chest on one side, and the hearts of Jesus and Mary on the other side; list of ideas for sacrifices **(Annex4)**

Explanation: What is a sacrifice? It is a gift of love to God of something that is difficult for us to do. It helps us to be more humble. Some examples are: help out at home, not fight with brothers/sisters, give up something we love to eat or watch on television, and/or give away something we love to eat...

The Angel of Peace in Fatima asked the children to sacrifice and pray:

**“Oh Jesus, it is for love of you, for the conversion of sinners.”**

When we sacrifice, we show that our love of Jesus is bigger than our selfishness. Jesus uses our sacrifices to save souls.

Make envelope craft.

Give instructions for week 2 of My Book of Prayers for the Consecration to the Immaculate Heart of Mary.

**Day 3: Symbolic Exchange of hearts with the Virgen Mary**

1. Movie: Juan Diego, Messenger of Guadalupe, (Ctrl Click) <https://youtu.be/cfk0dmFHhRI>
2. Need a large image of the Virgen Mary with a removable Immaculate Heart (available for borrowing at the Florida Center for Peace)
3. Pretty craft hearts (representing the Virgen Mary's) to give to the children.
4. Craft: Give the children a blank heart so they can describe their own heart in it. **(Annex 5)**

Explanation:

When we consecrate ourselves to the Immaculate Heart of Mary, we exchange hearts with her: we give Mary our heart so she will take care of it; and She gives us Her heart so we can love and give to others as She does. She will be able to guide us because we will have Her heart, Her thoughts, Her sentiments within us. What could be better than to have the incredible gift of the Immaculate Heart of Mary in us!

Make heart craft.

Do the Exchange of hearts. Each child brings the heart they decorated, puts it in the Immaculate Heart of Mary image, and is given Mary's craft heart and they pray.

**Mary, today I give you my heart and I receive Your Immaculate heart so you can teach me to love as you love.**

**Five senses meditation** - Have the children hold the craft heart of Mary in their hands:

Let us close our eyes. While holding Mary's heart in our hands, let's imagine that she is standing in front of us, so close we can see the color of her eyes lovingly gazing at us, her white teeth sweetly smiling, her long hair flowing from her waist, the smell of roses surrounding her.

**Sight:** *We bring her heart towards our eyes, keeping them closed and we say: Mary, my Mother, let me see you with the eyes of my soul. I want everything that I see from now on to bring me closer to Jesus.*

**Hearing:** *We bring her heart towards our ears and we say: Mary my Mother, I want to hear your voice that calls me to follow Jesus. Mother, I want all that I hear to increase my faith.*

**Touch:** *We bring her heart towards our cheek and we say: Mother Mary, I want to touch you and that you touch me. Help me to take Jesus' hand and to walk with Him and with You every day of my life.*

**Smell:** *We bring her heart towards our nose and we say: Mother Mary, I want to smell like you; I want to breathe your holiness and that all the world will smell Jesus through me.*

**Taste:** *We bring her heart towards our mouth, we kiss it and say: Mother Mary, I want your presence to feel like a candy in my mouth. Mother, let me desire to receive Jesus in the Eucharist and that my heart be always prepared to receive Him.*

Mother Mary, I love you and want to be like you. I want to have your heart to love as you love. Help me always to remember that you are with me and that you love me as a true Mother loves. AMEN

Give instructions for week 3 of My Book of Prayers for the Consecration to the Immaculate Heart of Mary.



## CONSECRATION TO THE IMMACULATE HEART OF MARY

Date and time

Parish & location

address

address

Dear Parents,

We are happy to inform you that your child, together with their class, will be preparing for their consecration to the Immaculate Heart of Mary. Consecration is a response to the call of the Virgen Mary in Fatima, Portugal in 1916 to three shepherd children, Lucia, Francisco, and Jacinta where she asks for prayer and sacrifices for the conversion of sinners and consecration to the Immaculate Heart of Mary. (See movie on YouTube, The Day the Sun Danced, (Ctrl Click) <https://youtu.be/Lq73fk01z2E>)

We ask that you help make this a meaningful experience for them and your family. We will be preparing them in three sessions. We ask the following:

- Please take the children to the three weekly sessions starting on DATE.
- Separate a prayer area where you will gather daily for three weeks.
- Pray daily with them the prayers in ***My book of Prayers for the Consecration to the Immaculate Heart of Mary.***
- Help them with the daily sacrifices requested on the second week.
- Attend the Consecration ceremony if possible/applicable.
- Go to mass as a family.

Please let us know if you have any questions or doubts about the Consecration.

God Bless You,

xxx