

Marianist Faith Sharing The Three O’Clock Prayer

❖ **Check-in:** Highs and Lows since the last meeting.

❖ **Call to Prayer**

Leader: For our time together today

All: God’s holy name be blessed and praised

Leader: For all the blessings we have received from God

All: God’s holy name be blessed and praised

Leader: For this season of Lent, may it be a time of spiritual growth for all of us

All: Amen

❖ **The Three O’Clock Prayer: Called to Be at the Foot of the Cross**

Reader 1: The Three O’Clock Prayer is deeply rooted in the Marianist Tradition. It focuses on the primary event of the Christian tradition: Jesus’s death on the cross for our salvation. It serves as an inspiration for those in the Marianist Family as it reflects on Jesus’ passion, the role of Mary in that event, and the ongoing mission of the Church to continue to bring the message of God’s love to the world--- including our part in this mission.

Reader 2: This Marianist tradition developed in turbulent times. Members of the sodality were dispersed and at time imprisoned. The Bordeaux association, under the direction of Father Chaminade, developed a practice of stopping at five o’clock in the afternoon to pray to provide an opportunity to find strength and solidarity with each other.

Reader 3: Marie Therese, seeking to balance work and prayer, began with her association to stop in the morning and then again in the afternoon to take time out of the busyness of the day to pray. The morning prayer was focused on the Holy Spirit and the afternoon time centered on the adoration of the cross, which became known as the Three O’Clock Adoration.

Reader 4: Likewise, Mother Adele and members of her sodality would take time at three o’clock to reflect on the event of Calvary. Eventually Father Chaminade promoted this time of prayer and reflection and this practice came to be adopted by all branches of the Family of Mary.

Reader 5: The Three O’Clock Prayer became a spiritual reunion for all members of the Marianist Family around the world. The prayerful halt at three o’clock constitutes a clear break from business as usual, and sheds light on our call—that we are to stand at the foot of the cross---to be both bold and watchful. Let us now pray together:

All: Lord Jesus, we gather in spirit at the foot of the Cross with your Mother and the disciple whom you loved. We ask your pardon for our sins which are the cause of your death.

We thank you for remembering us in that hour of salvation and for giving us Mary as our Mother.

Holy Virgin, take us under your protection and open us to the action of the Holy Spirit.

Saint John, obtain for us the grace of taking Mary into our life, as you did, and of assisting her in her mission. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

❖ **Reflection and Questions**

1. As you reflect on the Three O’Clock Prayer, what images or words stand out in your mind?
2. Saint John, according to many, represents each of us. As you put yourself in the place of Saint John at the foot of the cross, what image of discipleship emerges?
3. How can this prayer be especially powerful during this season of Lent? We recite this prayer everyday, how can you keep this prayer “fresh” and challenging?
4. It has been over a two weeks since Ash Wednesday and the beginning of another season of Lent with the challenge to pray, give alms, and fast---how is your Lent going so far?
5. What are some traditions about Lent do you find inspiring? Challenging? Trying anything new this year?

❖ **Petitions/Our Father/Sign of Peace**