



For faith-filled young people

MAY

“We pray for all young people, called to live life to the fullest; may they see in Mary’s life the way to listen, the depth of discernment, the courage that faith generates, and the dedication to service”



PRAYER INTENTION REFLECTION

POST-SYNODAL APOSTOLIC EXHORTATION

CHRISTUS VIVIT⁶

Francis

25 March 2019

Mary, the young woman of Nazareth

43. In the heart of the Church, Mary shines forth. She is the supreme model for a youthful Church that seeks to follow Christ with enthusiasm and docility. While still very young, she accepted the message of the angel, yet she was not afraid to ask questions (cf. *Lk* 1:34). With open heart and soul, she replied, “Behold, I am the handmaid of the Lord” (*Lk* 1:38).

44. “We are always struck by the strength of the young Mary’s ‘yes’, the strength in those words, ‘be it done’, that she spoke to the angel. This was no merely passive or resigned acceptance, or a faint ‘yes’, as if to say, ‘Well, let’s give it a try and see what happens’. Mary did not know the words, ‘Let’s see what happens’. She was determined; she knew what was at stake and she said ‘yes’ without thinking twice. Hers was the ‘yes’ of someone prepared to be committed, someone willing to take a risk, ready to stake everything she had, with no more security than the certainty of knowing that she was the bearer of a promise. So I ask each one of you: do you see yourselves as the bearers of a promise? What promise is present in my heart that I can take up? Mary’s mission would undoubtedly be difficult, but the challenges that lay ahead were no reason to say ‘no’. Things would get complicated, of course, but not in the same way as happens when cowardice paralyzes us because

⁶ See full message:

https://www.vatican.va/content/francesco/en/apost_exhortations/documents/papa-francesco_esortazione-ap_20190325_christus-vivit.html

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things are not clear or sure in advance. Mary did not take out an insurance policy! She took the risk, and for this reason she is strong, she is an 'influencer', the 'influencer' of God. Her 'yes and her desire to serve were stronger than any doubts or difficulties'". [\[18\]](#)

45. Without yielding to evasions or illusions, "she accompanied the suffering of her Son; she supported him by her gaze and protected him with her heart. She shared his suffering, yet was not overwhelmed by it. She was the woman of strength who uttered her 'yes', who supports and accompanies, protects and embraces. She is the great guardian of hope... From her, we learn how to say 'yes' to the stubborn endurance and creativity of those who, undaunted, are ever ready to start over again". [\[19\]](#)

46. Mary was a young woman whose heart overflowed with joy (cf. *Lk* 1:47), whose eyes, reflecting the light of the Holy Spirit, looked at life with faith and treasured all things in her youthful heart (cf. *Lk* 2:19.51). She was energetic, ready to set out immediately once she knew that her cousin needed her. She did not think about her own plans, but went "with haste" to the hill country (*Lk* 1:39).

47. When her young son needed protection, Mary set out with Joseph to a distant land (cf. *Mt* 2:13-14). She also joined the disciples in awaiting the outpouring of the Holy Spirit (cf. *Acts* 1:14). In her presence, a young Church was born, as the apostles went forth to give birth to a new world (cf. *Acts* 2:4-11).

48. Today, Mary is the Mother who watches over us, her children, on our journey through life, often weary and in need, anxious that the light of hope not fail. For that is our desire: that the light of hope never fail. Mary our Mother looks to this pilgrim people: a youthful people whom she loves, and who seek her in the silence of their hearts amid all the noise, the chatter and the distractions of the journey. Under the gaze of our Mother, there is room only for the silence of hope. Thus Mary illumines anew our youth.

January 2019:

<https://thepopevideo.org/young-people-and-the-example-of-mary/>

April 2017:

<https://thepopevideo.org/youth/>