

Our Blessed Virgin Mary Model of the interior life

- In the Gospel Our Lady was the great Silent Woman. She spoke but rarely, and each time said only what was indispensable.
- Only once do we see her expressing herself at greater length; in her canticle of thanksgiving, the *Magnificat*; and this she sang to praise God and not to converse with men.
- She reflected on the life of her Son. Twice St. Luke tells us that she kept in her heart and meditated on all that she learned about Him.
- **Contemplate her, admire her, imitate her. You will become a man of silence, a strong and zealous apostle.**



- Draw near to Mary frequently. She is like a most secluded sanctuary where you feel permeated by the spirit of recollection as soon as you enter.
- In her presence you no longer live amid the agitation of earth but in the peace of heaven.
- You will see that this Marian recollection will prepare you for the apostolate.

Mary was silent – interiorly silent so she could listen to God. Let us try to imitate her interior silence so we, too, may listen to God.

May Our Lady remind us where we truly belong: absorbed in God in childlike contemplative prayer.

The Knights relate to Mary as Queen, Mother, Most Pure Virgin and Model of discipleship.



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The Immaculata Model of Silence



*The perfection of silence
is clearly seen
in Our Blessed Lady*

The seven instances of the silence of Mary

1) **Silence of peace**, which conceals from the world Mary's early years, until she receives Gabriel's message.

Little of her early years prior to the angel's annunciation and **not one word spoken** by her during all those years is recorded.

2) **Silence of mystery**, namely, the secrecy which Mary observed concerning her divine conception, even with St. Joseph.

Then Joseph is prey to a cruel anguish on her account and is minded to put her away, but **Mary is silent**.

3) **Silence of meditation**, in which Mary gave birth to her Son and afterwards offered Him in the Temple to God for all mankind.

At Bethlehem the voices of the angels and of the shepherds are heard, but **Mary does not speak**.

4) **Silence of humility** during the time of exile in Egypt and afterwards in the humble home of Nazareth, where Mary lived, as it were, buried in concealment

with her divine Son until the commencement of His Public Ministry.

During the flight into Egypt she is full of solicitude for her Child and intent on saving Him from His enemies, but **she is silent**.

5) **Silence of constancy** in which Mary remained during the three years of her Son's preaching.

For the space of three years her Divine Son bears His good tidings from town to town and from village to village, while Mary communes with her own heart and **keeps silent**.

6) **Heroic silence**, with which she gazed on Jesus as He went on His way to Calvary, and again while she stood beneath the cross, and finally at His burial.

Jesus speaks from His cross on Calvary; **Mary is silent**.

7) **Blissful silence**, in which she received with delight, but without boasting of them before men, the gifts and fruits of the Holy Ghost the Comforter on the day of Pentecost.

The apostles receive in the gift of tongues in the upper room; **Mary is silent**.



- **EXTERIOR SILENCE** must be sought as much as possible, because it helps interior silence and normally leads to it; the love of silence leads to the silence of love.

- **THE INTERIOR SILENCE**: whoever desires to be lifted up to God in prayer must reduce to silence in himself both the empty tumult without and the din within, and retire into the depths of his soul and there in secret, "having shut the door," recollect himself in his Father's presence.

I. Hush up your internal noise

1. Drown out the noise of memories;
2. Restrain your curiosity;
3. Don't be afraid.

II. Dismiss the internal discussions

III. Combat your internal obsessions

IV. Reject concern for yourself

1. Do not complain about the difficulties of your life;
2. Do not overestimate your sufferings or sacrifices;
3. Do not "flirt" with your soul.

