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## Three O'Clock Prayer

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# The Three O'Clock Prayer

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The Three O'Clock Prayer is deeply rooted in the Marianist tradition. It encourages members of the Marianist family to reflect 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.

It recalls the hour when Jesus, on Calvary, gave Mary as mother to his beloved disciple, John, and asked him to take her into his home. It reminds us of the mystery of the spiritual maternity of Mary and the invitation to live as a child of Mary and to take her into our hearts. It is a spiritual reunion for the Marianist family.

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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.

St. John, obtain for us the grace  
of taking Mary into our lives, 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.