

## St Margaret Mary's 33 Adorations of our Lord on the Cross

*(to be made on Fridays)*

History and Promise: “One Friday during holy Mass, I felt a great desire to honour the sufferings of my Crucified Spouse. He told me lovingly that He desired that, every Friday, I adore Him thirty-three times upon the Cross, the throne of His Mercy... I was to offer these acts of adoration to the Eternal Father together with the sufferings of His Divine Son, to beg of Him the conversion of all hardened and faithless hearts who resist the impulse of His grace. He told me, moreover, that at the hour of death He will be favourable to those who have been faithful to this practice.”

*Our Lord to St Margaret Mary.*

“These thirty-three acts of adoration of Our Lord on the Cross may be made anywhere on Fridays, and even while attending to one’s ordinary work. They require no special attitude, formula or vocal prayer. A simple look of love and contrition, coming from the depths of our heart and sent up to our crucified Lord is sufficient to express our adoration and our gratitude to Him. It is also an appeal to the Blessed Virgin to intercede with the Heavenly Father for the conversion of sinners.”

*Autobiography of St Margaret Mary*

Personal note: This is not easy to do, but is a worthwhile thing to do Friday by Friday to intercede for a different person each week who has a hardened heart, or who has a hardened heart towards us.



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