THE HAIL MARY

"Full of Grace"

A Self-Directed Retreat Based upon the Spiritual Exercises of St. Ignatius

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The Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Amen.

Introduction

WITH MARY THROUGH CHRIST IN THE HOLY SPIRIT

About This Retreat

The self-directed retreat is praying with the beautiful prayer of our Church, the Hail Mary. This self-directed retreat uses the Second Method of Prayer Saint Ignatius offers to us in his Spiritual Exercises. Here we come to meditate on the Scriptures: the words of the angel Gabriel sent to Mary, "Hail Mary, full of grace, the Lord is with thee" (The Annunciation, Luke 1:28), and the words of Saint Elizabeth in greeting to Mary: "Blessed art thou among women, and blessed is the fruit of thy womb, Jesus" (The Visitation, Luke 1:42).

We listen for how the Holy Spirit comes to speak to us as we sit with these words in contemplation. Let yourself be moved from the meditation on the words of this vocal prayer and allow yourself to enter into and rest in contemplation on the mystery of the Incarnation and gift of Mary, our Blessed Mother.

This is one of several retreats on our beloved Mother of our Savior, Blessed Mary, based on the Scriptures in the four Gospels.

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Prayer Period Day 1 — Hail Mary

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"Hail Mary…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "Hail Mary…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

In speaking with your spiritual Blessed Mother, what insights and gifts of grace did you receive?

What do you desire to ask of her?

How shall Mary intercede for you today?

CONCLUSION

Finish your prayer time with praying the entire Hail Mary.

EVENING EXAMEN

1. DISPOSE YOURSELF TO BE ATTENTIVE TO GOD'S PRESENCE

What is it like for me to sit under Blessed Mother's loving embrace and for Jesus's tender, loving eyes to gaze upon me?

2. ASK FOR GUIDANCE FROM THE HOLY SPIRIT TO SHOW YOU THE DAY AS IT WAS

What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 2 — Full of Grace

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…full of grace…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…full of grace…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

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3. REVIEW THE DAY

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4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 3 — The Lord Is with Thee

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…the Lord is with thee."

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…the Lord is with thee"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

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3. REVIEW THE DAY

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4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 4 — Blessed Art Thou among Women

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"Blessed art thou among women…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "Blessed art thou among women…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

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What do you desire to ask of her?

How shall Mary intercede for you today?

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2. ASK FOR GUIDANCE FROM THE HOLY SPIRIT TO SHOW YOU THE DAY AS IT WAS

What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 5 — And Blessed Is the Fruit of Thy Womb, Jesus

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…and blessed is the fruit of thy womb, Jesus."

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…and blessed is the fruit of thy womb, Jesus"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

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What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 6 — Holy Mary, Mother of God

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"Holy Mary, Mother of God…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "Holy Mary, Mother of God…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

In speaking with your spiritual Blessed Mother, what insights and gifts of grace did you receive?

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2. ASK FOR GUIDANCE FROM THE HOLY SPIRIT TO SHOW YOU THE DAY AS IT WAS

What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 7 — Pray for Us Sinners

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…pray for us sinners…"

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…pray for us sinners…"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

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2. ASK FOR GUIDANCE FROM THE HOLY SPIRIT TO SHOW YOU THE DAY AS IT WAS

What do I desire from the Holy Spirit?

3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 8 — Now and at the Hour of Our Death

DATE: _____ / _____ / _____

Offertory Prayer: "Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O Lord, I return it. All is Thine; dispose of it wholly according to Thy will. Give me Thy love and Thy grace, for this is sufficient for me. Amen." — St. Ignatius of Loyola

PETITIONARY PRAYER — TODAY I DESIRE:

MEDITATION

"…now and at the hour of our death."

QUESTIONS FOR REFLECTION

What is it like for you to pray with these words, "…now and at the hour of our death"?

How do these words speak to you?

What did you notice happen within you?

Where do you sense you're being called?

COLLOQUY

From what has been revealed to you this day, share these gifts of grace with Our Blessed Mother, and ask for her intercession, that she may pray to Jesus for you and all your loved ones, for the needs of today.

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3. REVIEW THE DAY

Who and what did I encounter? And how did I respond?

4. LISTENING FOR THE GIFTS

What am I most grateful for?

Where am I called to make amends?

5. MARY, OUR MOTHER OF HOPE

Where do I need her intercession for tomorrow?

Prayer Period Day 9 — Amen

GATHERING THE GRACES

What graces has the Holy Spirit poured upon your heart and soul?

How have you been drawn into the mystery of the Incarnation? Here, Jesus is in Mary's womb as the blessed fruit. *How has this mystery deepened for you?*

How has your understanding of Mary being full of grace widened and deepened?

As God entrusted Himself to Mary, what needs do you have to entrust to Blessed Mother Mary's maternal care?

References

Gabriel's Greeting — The Annunciation, Luke 1:26–38

[26] And in the sixth month, the angel Gabriel was sent from God into a city of Galilee, called Nazareth, [27] To a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary. [28] And the angel being come in, said unto her: **Hail, full of grace, the Lord is with thee: blessed art thou among women**. [29] Who having heard, was troubled at his saying, and thought with herself what manner of salutation this should be. [30] And the angel said to her: Fear not, Mary, for thou hast found grace with God. [31] Behold thou shalt conceive in thy womb, and shalt bring forth a son; and thou shalt call his name Jesus. [32] He shall be great, and shall be called the Son of the most High; and the Lord God shall give unto him the throne of David his father; and he shall reign in the house of Jacob for ever. [33] And of his kingdom there shall be no end. [34] And Mary said to the angel: How shall this be done, because I know not man? [35] And the angel answering, said to her: The Holy Ghost shall come upon thee, and the power of the most High shall overshadow thee. And therefore also the Holy which shall be born of thee shall be called the Son of God. [36] And behold thy cousin Elizabeth, she also hath conceived a son in her old age; and this is the sixth month with her that is called barren: [37] Because no word shall be impossible with God. [38] And Mary said: Behold the handmaid of the Lord; be it done to me according to thy word. And the angel departed from her.

Elizabeth's Greeting — The Visitation, Luke 1:39–45

[39] And Mary rising up in those days, went into the hill country with haste into a city of Juda. [40] And she entered into the house of Zachary, and saluted Elizabeth. [41] And it came to pass, that when Elizabeth heard the salutation of Mary, the infant leaped in her womb. And Elizabeth was filled with the Holy Ghost: [42] And she cried out with a loud voice, and said: **Blessed art thou among women, and blessed is the fruit of thy womb**. [43] And whence is this to me, that the mother of my Lord should come to me? [44] For behold as soon as the voice of thy salutation sounded in my ears, the infant in my womb leaped for joy. [45] And blessed art thou that hast believed, because those things shall be accomplished that were spoken to thee by the Lord.

Scripture: Douay–Rheims Bible, Challoner Revision.

The Hail Mary: Catechism of the Catholic Church, nos. 2676–2677.

The Second Method of Prayer: St. Ignatius of Loyola, The Spiritual Exercises, nos. 249–257.

Companion: *Ways of Praying: A Companion Booklet for Ignatian Retreats* by Gregory Vigliotta and Karen Shields Wright, IgnatianRetreats.com (2026), on how to set up the retreat day, the Ignatian prayer period, praying with Scripture, and the Evening Examen.