

## **The Memorare of St Bernard**

In the True Life in God messages Jesus asks us to pray this prayer daily:

Remember,  
O Most Gracious Virgin Mary  
that never was it known  
that anyone who fled to Thy protection,  
implored Thy help and sought Thy intercession,  
was left unaided.

Inspired with this confidence,  
I fly unto Thee,  
O Virgin of virgins, my Mother!  
to Thee I come, before Thee I stand,  
sinful and sorrowful.

O Mother of the Word Incarnate!  
despise not my petitions,  
But in Thy Mercy,  
hear and answer me. Amen.