
How to: *Pray the Angelus*



Luke 1:38: Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.”

Why do we pray the Angelus?

The Angelus reminds us of the Angel Gabriel's annunciation to Mary, Mary's Fiat, the Incarnation and Our Lord's passion and resurrection.

>> It is repeated as a holy invitation, calling us to prayer and meditation.



What is the Angelus?

The Angelus is a daily reminder for us to call to mind God's love for us. We also see and imitate Mary's example of openness to God's will.

Having a set prayer at a set time each day also provides much-needed structure. It shakes us out of getting caught up in ourselves, at least once per day.

It is a call and response prayer

The Angelus

*Call: The Angel of the Lord declared unto Mary,
Response: And she conceived of the Holy Spirit.*

Together we pray the Hail Mary

Call: Behold the handmaid of the Lord.

Response: Be it done unto me according to Your Word.



Hail Mary, etc...

*Call: And the Word was made flesh,
Response: And dwelt among us.*

Hail Mary, etc...



*Call: Pray for us, O holy Mother of God.
Response: That we may be made worthy of the promises of
Christ.*

Let us pray:

*Pour forth, we beseech You, O Lord,
Your Grace into our hearts;
that as we have known the incarnation of Christ,
your Son by the message of an angel,
so by His passion and cross
we may be brought to the glory of His Resurrection.
Through the same Christ, our Lord.
Amen.*

