

# *The 20 Habits of a Marian Mother*



A Practical Rule of Life for Catholic Wives and Mothers

*"Behold the handmaid of the Lord;  
be it done to me according to thy word."— Luke 1:38*

Fr. Raymond Taouk, SSPX.



*A Marian mother does not try to become a perfect woman.*

*She tries to become a faithful woman.*

*She looks to the*

*Blessed Virgin Mary and asks:*

*How did Mary love God?*

*How did Mary serve?*

*How did Mary respond to inconvenience?*

*How did Mary treat others?*

*How did Mary carry suffering?*

*How did Mary make a home?*

*How did Mary give herself?*

*The following twenty habits are practical ways for a Catholic wife and mother to imitate Our Lady in ordinary family life.*

## 1. *Begin the day with God*

Before reaching for the telephone, reach for God. Offer the day to Him.

A Marian mother understands that everything she does can become an offering:

*“Lord, I give You this day. Give me the grace to do Your will faithfully.”*

Even if there is only a minute for prayer, begin by turning the heart toward God. Mary's whole life began with her complete surrender to God's will.

*“Be it done to me according to thy word.”- Luke 1:38*

**Marian habit: God first!**

## 2. *Remember your Vocation*

Your vocation is not an interruption to your spiritual life. Your vocation is the place where your spiritual life is lived.

The crying baby, the demanding toddler, the difficult teenager, the pile of washing and the meal that needs preparing are not obstacles standing between you and holiness.

They are often the very circumstances through which God is teaching you patience, humility, generosity and charity.

Do not constantly dream of another life. Sanctify the life God has actually given you.

**Marian habit: - Seek to love God through your daily duties.**

### ***3. Protect your Marriage***

Your husband is not merely the father of your children.  
He is your husband!

Do not allow motherhood to completely swallow the marriage.

Protect time for conversation.

Protect affection. Protect tenderness. Protect laughter. Protect your friendship. Your children should grow up seeing that their parents love each other.

They should know that the family is built upon the marriage, not upon the whims of the children.

**Marian habit: Give your husband some undivided attention every day.**

Even ten minutes of genuine conversation can matter enormously.

### ***4. Study your Husband***

Be of one heart and mind! Love pays attention.

Learn your husband's character. What encourages him? What discourages him? What makes him laugh? - What stresses him? - What does he appreciate? What does he find difficult? - When does he need conversation? When does he need quiet? How does he best receive correction? - How can you make his life a little easier?

This is not manipulation. It is knowledge in the service of charity.

**Marian habit: Every day, look for one small way to make your husband's life better.**

## 5. Show Affection

Do not assume your husband knows that you love him.

Show him the proper acts of kindness and affection making a reality of that love, for example, a hug. A smile. A kind word. A warm welcome when he comes home. A hand on his shoulder. A message telling him that you appreciate him.

Marriage needs affection. Affection communicates something words sometimes cannot: *"I am glad you are mine."*

**Marian habit: Never let a day pass without deliberately expressing affection.**

## 6. Make your Home a place of Peace

Your home does not need to look like a magazine. But it should feel like a home. A place where people can breathe.

A place where husband and children know they are loved. Do what you reasonably can to keep order. Teach the children to put things away. Reduce unnecessary clutter. Create routines. Prepare meals.

Make the house welcoming. Remember Nazareth. The home of the Holy Family was not a showroom.

It was a place where God dwelt among His people.

**Marian habit: Before bed, spend a few minutes restoring order for tomorrow.**

## 7. Do the Hidden work without needing Applause

Much of motherhood is invisible.

Nobody applauds the tenth load of washing.

Nobody photographs the dinner you made. Nobody gives you a certificate for patiently correcting the same behavior for the twentieth time. It is in a human sense a thankless task.

That said, what is not seen by man is always seen by God and will bring forth much fruit in due time.

*“Thy Father, who seeth in secret, will repay thee.” — Matthew 6:6*

Mary's greatness was largely hidden. So do not measure the value of your work by how many people notice it.

**Marian habit: When doing an unnoticed task, quietly say:**  
**“Jesus, I offer this to You.”**

## 8. Put the telephone down

A mother cannot give her children her attention if her attention belongs constantly to a screen.

Social media can quietly consume enormous amounts of time.

It can also create comparison:

“Why doesn't my life look like hers?”

- “Why isn't my house like that?” - “Why aren't my children like those children?” - “Why am I not doing what everyone else is doing?”

Look up. Your real life is happening in front of you.

**Marian habit: Create periods of the day when the phone is deliberately put away. Especially during: Meals, family conversations, prayer, time with your husband, time with your children**

## *9. Train your Children to serve*

Do not do for your children what they are capable of doing for themselves.

Children need responsibility. Give them work appropriate to their age. A small child can put toys away.

An older child can set the table. Another can help with laundry. Older children can cook, clean, mow lawns, care for younger siblings and contribute meaningfully to family life.

The goal is not merely a clean house. The goal is forming responsible human beings.

**Marian habit: Ask: “What am I doing for my child that my child could learn to do?”**

## *10. Make your Children part of the Family*

Children need to know: “I belong here.”

One way they learn this is through contribution. Give them meaningful jobs. Thank them for their work.

Teach them that every member of a family contributes. Do not make children feel like burdens who merely consume food, money and attention.

Teach them: “You have something valuable to give.”

**Marian habit: Have regular family responsibilities rather than expecting Mum to do everything.**

## *11. Discipline with Charity*

Mary was the Mother of a perfect Son. You are not.  
Your children are sinners. They need training.

They need boundaries. They need correction. They need to learn obedience. But discipline should not simply release a mother's frustration. Its purpose is to form the child in virtue.

Correct calmly where possible. Be consistent.  
Do not threaten endlessly. Do not humiliate.  
Do not discipline simply because you are angry.

**Marian habit: Before correcting a child, ask: “Am I trying to form this child, or am I merely venting my frustration?”**

## *12. Be Joyful*

A Catholic home should not feel like a prison. Do not become the household's permanent critic. Laugh. Play. Sing. Tell jokes. Celebrate feast days. Make ordinary things memorable. Children need to experience the Christian life not merely as a list of prohibitions but as something beautiful.

Mary's presence at Cana reminds us that Christian life is not opposed to legitimate human joy.

**Marian habit: Create something joyful in your home every day.**  
**- It can be tiny. A joke. A song. A game. A special dessert.**  
**A spontaneous hug.**

### *13. Don't be easily offended*

Not every irritation requires a response. Not every comment needs correction. Not every inconvenience deserves a complaint.

**Learn to laugh at yourself.** Learn to let small things go.

This does not mean tolerating genuine injustice.

It means refusing to make every minor inconvenience into a crisis. Children learn resilience partly by watching their parents.

**Marian habit:** When something small irritates you, pause before reacting.

**Ask:** “Will this matter in five years?” - If not, perhaps let it go.

### *14. Save your Energy*

Time management is not enough. You also need energy management. A mother who tries to do everything eventually has nothing left to give.

Plan meals. Cook extra portions. Prepare things in advance (I can't stress this point enough).

Simplify where possible. Sleep when you reasonably can and ensure that you take the reasonable care of your health.

Many people depend on your well being!

Accept that some things simply do not need to be done!

**Marian habit:** Each week identify one thing you can simplify, eliminate or delegate.

## *15. Practise Hospitality*

Mary went to Elizabeth. She did not remain absorbed in herself.  
She went where she was needed.

Christian hospitality does not require a perfect house or elaborate meals.

Sometimes hospitality is: “Come in.” - “Have a cup of tea.”

- “How are you really doing?” - “I’ll bring you dinner.”

- “I’ll pray for you.” - “Can I help?” etc.

**Marian habit: Regularly look beyond your own household and ask:  
“Who needs me?”**

## *16. Serve your Parish and Neighbours*

Let your children see you helping other people.

Help an elderly parishioner. Take food to someone who is sick. Visit someone who is lonely. Help another young mother. Support your parish. Welcome newcomers. Give practical assistance.

Your children will learn that Catholicism is not simply something we believe. It is something we live.

**Marian habit: Do at least one concrete act of charity each week that your children can witness.**

## *17. Speak Well of your Husband*

Do not make your husband the family's punchline. Do not habitually mock him in front of the children. Do not expose every marital frustration to friends or social media.

Children need to learn respect.

Speak honestly when serious problems need addressing, but do not cultivate contempt.

Remember: The way you speak about your husband teaches your children how to think about marriage.

**Marian habit: Make a deliberate effort to praise your husband's good qualities in front of the children.**

## *18. Remember his Good Qualities*

When you are angry, the mind can become strangely selective. Suddenly you remember every annoying thing he has ever done.

When this happens, deliberately remember the good. Why did you marry him? What qualities attracted you? What sacrifices has he made? What does he do for the family? What are his virtues?

What burdens does he carry that you may not fully see?

Gratitude protects love from becoming blind to goodness.

**Marian habit: When frustrated with your husband, name three things you genuinely appreciate about him.**

## 19. *Make your Faith Visible*

Your children should see you pray. They should see you go to Mass. They should see you kneel. They should hear you speak about God naturally. They should see you forgive. They should see you help people. They should see you sacrifice. They should see that Catholicism is not merely something Mum talks about.

It is the organising principle of her life. Your children may forget many of your instructions. They will remember what you consistently showed them.

**Marian habit: Ask yourself: “If my children copied my Faith rather than my words, what kind of Catholics would they become?”**

## 20. *End the day with Gratitude*

At the end of the day, do not simply count everything that went wrong. Thank God for what went right. Thank Him for your husband. Thank Him for your children. Thank Him for your home. Thank Him for your vocation. Thank Him for the grace to begin again tomorrow.

And if you failed—and you will—ask forgiveness. Then begin again.

Mary's Magnificat teaches us the language of gratitude:

*“My soul doth magnify the Lord.” — Luke 1:46*

**A Marian woman learns to see blessings even in the midst of difficulty.**



*In Summary.*

*Put God first.  
Love your husband generously.  
Raise your children deliberately.  
Make your home a place of peace and joy.  
Serve others.  
Give without constantly counting the cost.  
And do the ordinary things of family life with  
extraordinary love.*

*For the Christian mother,  
Nazareth is the great reminder:  
Holiness does not require a spectacular life.  
It requires a life surrendered to God.*

*Mary did not need the world to see her greatness.  
She simply belonged completely to God.  
And that is the heart of Marian motherhood:  
“Behold the handmaid of the Lord.”  
Do likewise!*