**The Triple Colloquy Explanation**

**(Mary, Jesus, God the Father)**

**1, We first go to Mary**

Because Mary is the only human who isn’t also God to live her life totally free from sin, she is the greatest human example of the attitude towards sin that we are asking her to obtain for us from her Son.

**2. We then turn to Jesus**

He is the ultimate reason that we are able to attain the graces we are asking for. We go to our Redeemer and ask for a true knowledge and disgust for our sins and their sources in order to become free from them.

3. **We turn to the Father**

Our heavenly Father is the One we have offended more than any other by our sins, We go to the One who desires this reunion more than anything else, and we ask again to understand how we came to be separated from Him and how we were influenced to make those choices in order that we never be separated from Him again.

**Triple Colloquy Prayer**

(one variation)

1. I first speak to the Blessed Mother:

"Dear Mary, please take my request to your Divine Son, that He may present this request to our Heavenly Father."

Then I pray the Hail Mary.

2. Then I ask the Lord Jesus:

"Lord Jesus, I beg you to take this request and present it to Your Father."

Then I pray the Anima Christi\* (“Soul of Christ”)

3. Then I speak to the Father:

"Abba Father, with Your Son interceding for me, and with Mary our Queen, standing here on my behalf, please grant my request.”

I conclude with praying the Our Father.