

## 3 Our Lady, Undoer of Knots

### Background Information

Have you ever tied a knot in your shoelace and couldn't get it out? There are times in our lives when we don't know what to do, feel stuck, or need help. Some knots might be small, some really big. Mary can help us untie them.

Pope Francis prays to Our Lady, Undoer of Knots. In the Church of St. Peter am Perlach in Augsburg, Germany there is a painting of Mary in heaven surrounded by angels. She holds a long ribbon and is untying a large knot, one of several on the ribbon. An angel on Mary's left is handing her a ribbon with many knots while an angel on her right is receiving a smooth ribbon with no knots.



### Objective

To write a prayer to Our Lady, Undoer of Knots

### Directions

- 1 Fill in the blank space on the worksheet asking Mary what you need help "untying." What is causing you to be upset? Where are you stuck? Parents should fill out their own sheet.
- 2 Here are some examples:
  - ▶ Your friend tells you that someone is lying about you.
  - ▶ Your friend is having a party, but didn't invite you.
- 3 Cut out the rectangle that includes your prayer. Punch two holes at the top and thread a ribbon through them. Tie knots in the ribbon and then tie the ribbon in a bow.
- 4 Take your work home to help you remember to pray to Mary for help untying your knots.

### ③ Our Lady, Undoer of Knots



Dear **Mary, Mother**, I need your help.

See the snarl of knots in my life.

**Mary, Mother**, I give you the ribbon of my life with all its knots.

In your hands, there is no knot that cannot be undone.

**Powerful Mother**, take into your hands today this knot.

(Tell **Mary** what you need.)

A large, empty rectangular box with a dashed blue border, intended for writing a response or prayer.