

Liturgical Living: The Immaculate Conception

In the Catholic Church, the entire month of December is devoted to the Immaculate Conception. Honoring Mary's purity seems especially appropriate as we await the birth of our Lord. The Solemnity of the Immaculate Conception is celebrated on December 8 and is a holy day of obligation.

The Church taught of the Immaculate Conception for ages, but it was in 1854 that Pope Pius IX officially proclaimed that, *"The Most Blessed Virgin Mary was, from the first instant of her conception, by a singular privilege and grace granted by God, in view of the merits of Jesus Christ, the Savior of the human race, preserved exempt from all stain of original sin."*

As members of the Catholic faith, the Immaculate Conception is not just significant, it is essential. Because of the grace of God, Mary was preserved from sin. Because Mary was preserved from sin, she was prepared to become the sinless Mother of Jesus, who by His life, death and resurrection, has ransomed us from sin. Because of Mary's Immaculate Conception, because of her "yes" to God, we have been redeemed, and given the promise of eternal life through the merits of Mary's Son, Jesus.

[This article](#) is a great resource for explaining the Immaculate Conception to your kids. It covers a few important topics in a child-friendly way.

What are some ways to honor the Immaculate Conception this month?

- Pray the rosary or learn a new Marian prayer
- Attend Mass on the Holy Day
- Pray the [Litany of the Blessed Virgin Mary](#)
- [Pray this novena](#) to St Anne and St Joachim (Mary's parents)
- Go to confession to make your soul "immaculately clean"
- Create [this beautiful art project](#) or follow [this guided drawing of Mary video](#)
- Create a home shrine or centerpiece to the Blessed Virgin Mary
- Wear the Miraculous Medal each day (or pray the prayer each day: "O Mary, conceived without sin, pray for us who have recourse to thee")
- Serve white foods for dinner on the Solemnity of the Immaculate Conception (try [this chicken alfredo recipe](#) or check [this list of white food ideas](#))
- Listen to or sing [Marian hymns](#) as a family

- [Read a book](#) about Our Lady of Lourdes (Mary revealed herself to St Bernadette saying, "I am the Immaculate Conception")
- Watch *The Song of Bernadette* for a family movie night

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