

Fact Sheet – Total Consecration to Jesus through Mary

The devotion, Total Consecration to Jesus through Mary, has been practiced for centuries. It involves 33 days of preparatory devotions, with the Total Consecration made on the 34th day.

The day of Total Consecration (i.e. the 34th day) should be a Marian feast day. Schedules for the preparation and Total Consecration are included in the resource materials provided free through www.MyConsecration.org. There are more than 20 34-day schedules that fall throughout the year for those wishing to make the Total Consecration

Blessed Pope John Paul II completed the Total Consecration, which in part inspired his personal motto, “Totus Tuus.”

According to St. Louis de Montfort, the 33 days of preparation include 12 days of “emptying oneself of the spirit of the world” followed by 21 days of “imbuing oneself with the Spirit of Jesus through the Blessed Virgin.” The Total Consecration that follows this preparation is a perfect renewal of one’s baptismal vows.

The Total Consecration is divided into themes:

- Days 1-12: The Spirit of the World,
- Days 13-19: Knowledge of Self,
- Days 20-26: Knowledge of Mary,
- Days 27-33: Knowledge of Jesus,
- Day 34: Total Consecration to Jesus through Mary.