



The Virgin of Medjugorje, also known as “Our Lady of Peace,” is a Marian figure that has gained significant importance in recent decades, especially among Catholic believers. Her apparitions began in 1981 in a small town in Bosnia and Herzegovina called Medjugorje, where six young people claimed to have seen the Virgin Mary. Since then, millions of pilgrims have visited the site in search of peace, conversion, and spiritual renewal. But what makes these apparitions so special, and what message does the Virgin of Medjugorje offer to today’s faithful?

A Little Context: Where is Medjugorje?

Medjugorje is a small town in Bosnia and Herzegovina, a humble place that in 1981 was located in the former Yugoslavia. In the midst of a politically divided and religiously tense Europe, Medjugorje emerged as a beacon of light and hope. Like other places of Marian apparitions, such as Lourdes and Fatima, it has become a center of devotion and pilgrimage that transcends borders and cultures.

The Apparitions of the Virgin of Medjugorje: What Do the Visionaries Say?

On June 24, 1981, six young people—Ivan, Ivanka, Jakov, Marija, Mirjana, and Vicka—reported seeing a luminous figure on a nearby hill. From the outset, the children claimed that the figure was the Virgin Mary, who spoke to them and called them to conversion. The Virgin allegedly identified herself as “Queen of Peace” and said she came with messages for the whole world.

Over the years, the Virgin is said to have continued appearing to some of these visionaries, sharing messages focused on five key themes: **prayer, conversion, fasting, confession, and peace**. These messages, though simple, contain a deep call to the fundamental values of the Catholic faith, urging a return to the Gospel and to a life of love and humility.

The Church’s Approval: What Does the Holy See Say?

Unlike other Marian apparitions that have been officially approved by the Church, Medjugorje has not yet received a definitive declaration regarding its authenticity. However, the Vatican has authorized official pilgrimages, and Pope Francis has shown a welcoming attitude toward the phenomenon. In 2019, the Pope allowed dioceses and parishes to organize pilgrimages to Medjugorje, recognizing the pastoral importance of the site as a center for devotion and prayer, though without officially confirming the apparitions.

This approach reflects the Church’s balanced position: while it does not give a definitive



ruling on the supernatural nature of the apparitions, it acknowledges that Medjugorje has become a place where many faithful find comfort, peace, and a sincere connection with God.

The Five Pillars of Medjugorje: A Path to Conversion

The messages of the Virgin in Medjugorje revolve around five spiritual practices that can lead to transformation and conversion in our daily lives. Let's explore each of them in detail and how they can be integrated into everyday life.

1. Prayer

The Virgin calls the faithful to pray every day and to place God at the center of their lives. Daily prayer is an act of humility and surrender; it is a chance for sincere communication with God. The Virgin especially emphasizes the importance of the Rosary, a practice that connects the believer with the life and mission of Christ.

In a world full of distractions and noise, prayer becomes a spiritual oasis that allows the soul to reconnect with its source. Developing a habit of prayer, even dedicating just a few minutes each day, can transform one's perspective and make us more aware of God's presence.

2. Fasting

Another key pillar in the messages of the Virgin at Medjugorje is fasting, particularly on Wednesdays and Fridays. This physical sacrifice is a way to renounce bodily desires and remember that we are more than our material needs. Fasting disciplines the spirit and reminds us of the importance of moderation in a world that constantly pushes for consumption.

For those who may not be able to fast from food, the Virgin invites us to renounce something meaningful, such as social media or television, and dedicate that time to prayer or reflection.

3. Conversion

The Virgin calls for the conversion of hearts. This message is relevant in any age, but especially today, when many people seek meaning and direction in their lives. Conversion is not a one-time event; it is a continuous process of spiritual renewal and self-examination of our thoughts, attitudes, and actions.

Conversion means drawing closer to God with sincerity, acknowledging our weaknesses, and striving to improve. Small acts of kindness, compassion, and empathy in daily life are



practical ways to respond to this call.

4. Confession

The Virgin invites the faithful to go to confession regularly, even monthly, as a way to cleanse the soul and live in a state of grace. Confession is a sacrament of healing that allows us to rid ourselves of the weight of guilt and receive God's forgiveness. It also reminds us of the importance of humility and reconciliation, not only with God but also with those around us.

In today's context, where mental and emotional health is a significant concern, confession can be seen as an opportunity for healing, helping to release emotional and spiritual burdens.

5. Peace

Finally, one of the most consistent messages from the Virgin of Medjugorje is the call to peace, both within ourselves and in the world. Peace begins in the heart of each individual and extends to the family, community, and world. The Virgin asks us to pray for world peace and to work for peace within ourselves by renouncing anger, resentment, and discord.

The Relevance of Medjugorje in Today's World

In a society marked by conflict, division, and an endless pursuit of pleasure and success, the message of Medjugorje offers an alternative that invites simplicity and transcendence. The call to prayer, peace, and conversion reminds us of the need to seek something beyond the material, to reconnect with the spiritual dimension, and to recognize our dependence on God.

The message of Medjugorje urges us to reflect on our lives, to seek a deeper purpose, and to transform our relationships and our way of living. Even without absolute certainty about the authenticity of the apparitions, the Virgin's message offers a path of love, humility, and personal transformation.

Applying the Message of Medjugorje in Daily Life

Here are some daily practices that can help integrate the message of Medjugorje into our lives:

1. **Dedicate five minutes a day to prayer:** A simple prayer upon waking or before sleeping can make a difference in connecting with God.
2. **Practice a "tech fast":** Instead of just fasting from food, you can reduce time on social media or your phone to dedicate that time to spiritual reading or reflection.



3. **Reconcile with someone:** If there is a broken or strained relationship in your life, make the effort to heal it, responding to the call for peace.
4. **Reflect on our actions:** At the end of each day, take a few moments to evaluate our attitudes and thoughts, aiming to be more compassionate and mindful.
5. **Go to confession:** Not only in times of need but as a regular spiritual exercise of humility and healing.

Conclusion

The Virgin of Medjugorje invites us on a spiritual journey that helps us return to the essentials: faith, hope, and love. In uncertain times, the message of Medjugorje is a reminder that, though the world may change, true peace comes from our relationship with God and our commitment to good. This call is not for a select few, but for all believers seeking a fuller life, in harmony with themselves and others.