



PRESENCE

The Lord never leaves our side. How often do we call that fact to mind? Sit quietly and simply call to mind the presence of God. You can acknowledge His presence by saying, “Jesus, you are here.” Take as much time as you need in this step.

Also take time to call upon the Holy Spirit to make this prayer time fruitful. You can do this by saying something like, “Holy Spirit, please make this time fruitful. Help me to be open to receive anything that you have in store for me during this prayer time. I entrust this time to you.”

READ

Take your time reading the following scripture passage. Sometimes you may need to read the passage several times to fully grasp what is happening.

Luke 1: 26-38

The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin’s name was Mary. And coming to her, he said, “Hail, full of grace! The Lord is with you.” But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. “Behold, you will conceive in your womb and bear a son, and you shall name him Jesus.

He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end.”

But Mary said to the angel, “How can this be, since I have no relations with a man?” And the angel said to her in reply,

“The Holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God.

And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.” Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her.

REFLECT

Ponder the passage above and choose a word, phrase, or image that stood out to you. Take time to meditate on the word, phrase, or image, by repeating the word or phrase. What do you hear the Lord speaking to you through this?

Optional questions for reflection:

1. What do I think it was like for Mary to be greeted by the Angel Gabriel?
2. What was Mary thinking when Gabriel reveals that she will conceive the Son of God?
3. How would I respond if God revealed to me His plan for my life?

RESPOND

Begin to have a conversation with Jesus as you would a friend sitting next to you. Ask Him to show you what you need to receive from this passage. Is He calling you to make any kind of resolution? If so, call on the Holy Spirit to give you the strength needed to carry out this resolution. Pray for the intercession of Mary, all the saints, and your guardian angel.

REST

"Be still and know that I am God" (Psalm 46:11). Take time to simply bask in God's grace in silence. His grace is complete gift. If you notice that your thoughts are wandering, simply return to the stillness of God's presence and grace.

CONCLUSION

Thank God for his presence and for any consolations and insights you may have received during this time of prayer. Thank Him if you did not receive any consolations or insights during this time of prayer.

Pray an Our Father, Hail Mary, and Glory Be.

ENCOUNTER HIM. FOLLOW HIM. MAKE DISCIPLES.



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Take your time reading the following scripture passage. Sometimes you may need to read the passage several times to fully grasp what is happening.

Luke 3:10-18

The crowds asked John the Baptist, “What should we do?” He said to them in reply, “Whoever has two cloaks should share with the person who has none. And whoever has food should do likewise.” Even tax collectors came to be baptized and they said to him, “Teacher, what should we do?” He answered them, “Stop collecting more than what is prescribed.” Soldiers also asked him, “And what is it that we should do?” He told them, “Do not practice extortion, do not falsely accuse anyone, and be satisfied with your wages.”

Now the people were filled with expectation, and all were asking in their hearts whether John might be the Christ. John answered them all, saying, “I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire. His winnowing fan is in his hand to clear his threshing floor and to gather the wheat into his barn, but the chaff he will burn with unquenchable fire.” Exhorting them in many other ways, he preached good news to the people.

MEDITATION

Place yourself in the passage from the Gospel of Luke. You are with the crowd gathered around John the Baptist. What do you see? What do you hear? What are you thinking? What are you feeling?

REFLECTION QUESTIONS

Once again, please yourself in the passage from the Gospel of Luke. As everyone else in the crowd, you ask, "What should I do?"

1. What answer do you receive?
2. What is God calling you to do?
3. What is He calling you to reform?
4. Why do you think He is calling you to do this particular thing?

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