



## Our Lady of Good Counsel Parish

### Advent Retreat - Week Four

Guided Reflection on the Nativity of Our Lord ([Luke 2:1-20](#))

Adapted from Jane Ayer's *A Quiet Place Apart*

The Birth of Jesus brings our retreat journey to its completion Jesus has arrived among us; as you pray with this gospel be attentive to a word, a phrase, a question, an image or any feeling that emerges.

#### **As I enter into prayer:**

I allow my spirit to rest a little and consider where I am going and for what purpose.

I make a gesture of reverence and humility.

I ask for the grace to direct my whole self towards the Holy Family.

I desire to find delight and meaning in this Scripture.

#### **Read the Scripture slowly.**

Be with Mary Joseph and Jesus as the scene unfolds.

### **The Birth of Jesus**

In those days a decree went out from Emperor Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

### **The Shepherds and the Angels**

In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, 'Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of

David a Saviour, who is the Messiah,\* the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.' And suddenly there was with the angel a multitude of the heavenly host,\* praising God and saying,

'Glory to God in the highest heaven, and on earth peace among those whom he favours!'

When the angels had left them and gone into heaven, the shepherds said to one another, 'Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.' So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

### **After praying with this Scripture:**

Mary gives birth in a stable and the shepherds comes to see her child, they leave singing praises. Mary ponders and reflects and treasures all these things that happened to her. She is our model in so many ways, the example she sets the model she gives through her actions is that a follower of Jesus takes time to reflect on life's events. There is meaning and mystery in daily life.

- ✦ What phrase, words or image stood out, what meaning does this have in my life?
- ✦ As you reflect on the birth of Jesus what stands out for you?
- ✦ What feelings surface in you?
- ✦ How do you hear God speak to you through this Scripture?
- ✦ During this Advent journey where have you found Jesus in unexpected places?

### **Closing Prayer:**

Lord of heaven and earth help me to believe you are with me in the everyday events and relationships of my life. Help me to reverence this world of flesh and blood that made a home for you.

Amen.