



# Christmas Joy

**PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling\*)** *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate Christmas joy.*

**INTRODUCE TOPIC & SCRIPTURE (Luke 2:6-7)** "the time came for her to have her child... She wrapped him in swaddling clothes and laid him in a manger..."

## BREATH-WORK & GRATITUDE

### BODILY PRAYER VERSE "Thank you God for sending Your Son."

**MEDITATION** "Let us all rejoice in the Lord. For our Savior is born into the world; today true peace has come down on us from heaven. We have heard, my brethren, the announcement, full of sweetness and 'worthy of all acceptance' that Jesus Christ, the Son of God, is born in Bethlehem.... My very soul has melted at the sound of these words and my spirit is burning in my [chest] eager with its constant ardor of desire to communicate to you its own joy and exultation. Let us all set out to contemplate and adore Jesus, for we all need Him. He is the only one we really need. / Today our Savior is born. There can be no room for sadness when Life has just been born; that Life which overcomes all fear of death and fills us with the joy of the pledge of eternity. Nobody should feel excluded from sharing in such joy. Our reason for rejoicing is common to all because Our Lord, destroyer of sin and death, not finding anyone free of sin has come to free us all... For the Son, in the fullness of time... assumed our human nature in order to reconcile the human race with its Creator. Hence springs the joy of [Christmas] like a river overflowing its banks."<sup>3</sup>

**RESOLUTION** (Re-read Scripture.) "During these days of Christmas we sing with exultation because love will be among us till the end of time... The presence of the Child is Love among men; the world is no longer a place of darkness..."<sup>4</sup> Do I reflect on the awesome gift God has given us by sending His Son? Do I take time to be grateful and thank God for this gift? Holy Spirit come...

**ENDING PRAYER (Kneeling\*)** *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Mother of God: **pray for us**; St. Joseph: **pray for us**; Holy Family (or saint of the day): **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Fr. Francis Fernandez, *In Conversation With God*, Vol. 1, 30.3 (Used with permission)

<sup>4</sup> Fr. Francis Fernandez, *In Conversation With God*, Vol. 1, 8.1 & 8.3 (Used with permission)

\*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

