



# Advent: Mary, Teacher of Hope (week 4)

**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 how Mary is a teacher of hope.*

**INTRODUCE TOPIC & SCRIPTURE** **Romans 15:13** "May the God of hope fill you with all joy and peace"

## BREATH-WORK & GRATITUDE

**BODILY PRAYER VERSE** **Psalm 25:21** "Lord, thank you for the Blessed Mother, who teaches us to hope and always leads us to You."

**MEDITATION** "The spirit of Advent largely consists in living close to Our Lady during this time when she is carrying Jesus in her womb. We can think of the whole of our life as a somewhat longer *advent*, a time of waiting for that definitive moment when we will at last find ourselves with God forever. There is no better way of preparing for Christmas, which is now so close, than by keeping Mary company, getting to know her and deepening our love and trust in her. Mary imparts a great joy to our souls, because when we turn to her, she leads us to Christ. Mary teaches us to hope."<sup>3</sup>

**RESOLUTION** (Re-read Scripture.) "In a few days' time we shall see Jesus in the Crib. The sight will be a proof of God's mercy and love. We will be able to say: On this Christmas night everything inside me stops. I am face to face with Him; there is nothing but this Child in the whole of that huge white expanse. He does not say anything, but He is there... He is God loving me."<sup>4</sup> What can I do this week, the final week before Christmas, to take time each day to draw closer to walk with Mary so that my heart is prepared for the birth of the Savior? 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 and Hope of Christians: **pray for us**; St. Joseph: **pray for us**; St. Lucy (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, 21.1 (Used with permission)

<sup>4</sup> Fr. Francis Fernandez, *In Conversation With God*, Vol. 1, 21.1 (Used with permission)

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

