

In Her Heart: An Advent Retreat with Mary



November 29-December 2

Day 1: Incarnation (John 1) Day 3: Visitation (Luke 1)
Day 2: Annunciation (Luke 1) Day 4: Nativity (Luke 2)

Day 1: Incarnation

Directions: After watching the video presentation, take 15-20 minutes in prayer and reflection. Use the words below to help you. You may want to use a notebook or journal to jot down a few graces. Then, feel free to share these graces with a friend, roommate, spouse, etc.

Daily offering prayer: O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month—
[November] Artificial Intelligence. We pray that the progress of robotics and artificial intelligence may always serve humankind. thepopevideo.org

Grace: “Ask for an intimate knowledge of our Lord, who has become man *for me*, that I may love Him more and follow Him more closely” [St Ignatius, *Spiritual Exercises*, #104]

Scripture: John 1. “In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came to be through him, and without him nothing came to be... And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father’s only Son, full of grace and truth” [see v1-14].

Quotes: “She conceived in her heart before she conceived in her womb”
[St Augustine, *Discourses*, 215: 4]
“And Mary kept all these things, reflecting on them in her heart” [Luke 2:19]

Reflection questions:

As the Trinity looks upon a broken and sinful world, how does God respond?
How has Christ blessed me this week? Ex: in prayer or through the kindness of a friend?
In this time of pandemic, what is one faithful step I have taken? Ex: prayer or service?

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