

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 2: Annunciation

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 popesprayerusa.net/tag/blog/

Grace: With Mary, I want to say Yes to God's invitation to me—in small ways and big ways.

Scripture: Luke 1. "And coming to Mary, the angel said, 'Hail, favored one! The Lord is with you... 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...' 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.' Mary said, 'Behold, I am the handmaid of the Lord. May it be done to me according to your word.' & the angel departed from her." [v26-38]

Quote: "The angel awaits an answer. We, too, are waiting, O Lady, for your word of compassion. Answer with a word, and receive the Word of God. Breathe a passing word, embrace the eternal Word. Let humility be bold, let modesty be confident. Open your heart to faith, your lips to praise. See, the Desired of All Nations is at your door, knocking." -St Bernard

Reflection questions: See Mary's heart. How does she feel? How does she respond?
How is God calling me now? Be specific. How do I respond?

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