

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 3: Visitation

Directions: After watching the video, take 15-20 minutes in prayer and reflection. Use the words below to help you. Use a notebook or journal to jot down a few graces. Then, share a few of your graces with a friend, roommate or spouse.

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—
[December] For a life of prayer. We pray that our personal relationship with Jesus Christ be nourished by the Word of God & a life of prayer. thepopevideo.org popesprayerusa.net/tag/blog

Grace: To see Mary as truly a 'friend in the Lord' who supports me in my joys and sorrows.

Scripture: Luke 1. Elizabeth cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb." And Mary said, "My soul proclaims the greatness of the Lord my spirit rejoices in God my savior. For he has looked upon his lowly servant. From this day all generations will call me blessed. The Mighty One has done great things for me, and holy is his name." [see v39-56]

Quote: "For many Christians, this journey of fraternity also has a Mother, whose name is Mary. Having received this universal motherhood at the foot of the cross (see John 19:26), she cares not only for Jesus but also for "the rest of her children" (Rev 12:17). In the power of the risen Lord, she wants to give birth to a new world, where all of us are brothers and sisters, where there is room for all those whom our societies discard, where justice and peace are resplendent" [Pope Francis, *Fratelli Tutti*, 278].

Reflection questions: Describe the hearts of these two holy women. How does Elizabeth support Mary? How does Mary support Elizabeth? Name 1 of your 'friends in the Lord.'

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