

# 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 4: Nativity

**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](http://thepopevideo.org) [popesprayerusa.net/tag/blog](http://popesprayerusa.net/tag/blog)

**Grace:** To offer my heart to Jesus, Who became man for me.

**Scripture:** Luke 2. All went to be enrolled, each to his own town. And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem; to be enrolled with Mary, his betrothed, who was with child. While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn. [v1-7]

**Quote:** Seeing the place, with the sight of the imagination, looking at the place of the Nativity. To see the persons; that is, to see Our Lady and Joseph and, the Child Jesus. I, making myself a poor creature and an unworthy *servant*, looking at them and serving them in their needs. And contemplate what they are saying. I will beg favors according to what I perceive *in my heart*, that I may better *follow and imitate Our Lord, who has become man for me.* [St Ignatius, *Spiritual Exercises*, #111-117]

**Reflection questions:** Prayerfully imagine this scene, these faces, these hearts. Describe. Conclude with a 'Triple Colloquoy' -- speaking and listening with Mary, Jesus, & God the Father.

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