

Lectio Divina

- **Read and re-read**, out loud and slowly the Gospel
- **Meditate** on reading as being spoken to you, an experience in your life
- **Pray** - Thanksgiving – Repentance – Petition
- **Action** – Attitude (Call to change / to act / to do)

December 18th 2011 4th Sunday of Advent – Year B – Luke 1:26-38

In this week's gospel we see the long journey which God through the angel walks with Mary. He is accompanying her at every stage until finally she surrenders herself to him and he leaves her. We see Mary experiencing herself deeply loved by God. When Mary leaves herself humbly and trustingly in God's hands and plan, she is perfectly at peace. When are the times in our lives when we experienced the deep love of God for us? Do we acknowledge and be thankful for our guardian angel who has been given to each one of us by God?

Prayer:

Lord we thank you for the times that we felt your deep love for us and the protection and guidance of our guardian angels.

Forgive us for the times we get confused and fearful when we hear your word and for the times we became set in our ways.

Help us to listen and hear your word with trust and to have the courage to bring your hope to all we meet especially at this Christmas time and throughout each day of our lives.