

**December 19<sup>th</sup> 2021 4<sup>th</sup> Sunday of Advent– Year C – Luke 1: 39 - 44**

<sup>39</sup>In those days Mary set out and went with haste to a Judean town in the hill country, <sup>40</sup>where she entered the house of Zechariah and greeted Elizabeth. <sup>41</sup>When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit <sup>42</sup>and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. <sup>43</sup>And why has this happened to me, that the mother of my Lord comes to me? <sup>44</sup>For as soon as I heard the sound of your greeting, the child in my womb leaped for joy."

<p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</p>	<p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</p> <p>➤ <b>Action</b> – Attitude (Call to change / to act /to do)</p>
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In this weeks gospel we read the story of Mary's pregnancy. We reflect on the visitation – the second joyful mystery of the rosary. Mary is the main focus of our attention as she awaits the birth of Jesus. She is a person of great faith and through this has brought great faith to others. Mary's blessedness is that she has faith, no great achievements or visible signs of God's favour – just faith.

How often do we appreciate our gift of faith and all the blessings it brings?  
Do we hide it or are we willing to bring it to others?

**Prayer:**

**Lord we thank you** for our faith and for the people who help us to strengthen it by their example and love.

**Forgive us Lord** for the times when the motives for our actions were selfish or a means of gaining approval or influence.

**Lord Help us** to listen to your word and believe in the power of the Holy Spirit as Our Blessed Lady did.

