

December 20 through January 5 (7, 8)

Praying the Christmas Mysteries with the Church

Over the Christmas season you will have the wonderful opportunity to celebrate the first coming of Christ into the world. You can do this sometimes with your church community, sometimes with your family, sometimes with your friends, sometimes by yourself.

You will be taking a bit of a “holiday” from the formal exercises. Once you finish your material on the Two Standards/Three Classes of Men, you may begin this sheet. What you are asked to do is to do a “lexio divina” style of prayer. You got a handout on this earlier but, here it is again!

1. Determine the matter you wish to pray about from Scripture or St Ignatius' Spiritual Exercises or another sources. Read through the materials sometime before actually beginning the prayer period.
2. Choose a place where you will be undisturbed and able to be attentive to God. Realizing that harmony of body and spirit is important, take a peaceful, relaxed meaningful position and proceed, now kneeling, now sitting, now standing whatever is helpful at the time.
3. Spend a few moments quieting yourself. Perhaps do some of the relaxation exercises you learned. Bring yourself into the presence of the Trinity through a short prayer or gesture of recognition or humility. Focus on that which you are seeking from the Trinity and pray for that grace.
4. Begin to work slowly through the materials you are considering. Do not be anxious to cover everything. Reread phrases. Repeat the grace to yourself. Try not to think or figure things out *on your own*, but let the Spirit pray through you (Rm 8:26-27). Pause, ponder and savour wherever you feel drawn or moved by the Trinity as Mary did. Respond from your heart.
5. Close the time of prayer by speaking to one or all of the Persons of the Trinity, Our Lady or a Saint as you are moved. End with the prayer Jesus taught us, i.e., the *Our Father*..
6. Sometime in the day recall your prayer period and what you were given. Consider: "How will I bring the fruit of this prayer into my day and to my next prayer period?" AND do a little journaling!

GRACE: I ask the grace and help of the Lord God that all my intentions, actions and activities will be directed purely towards an increase in my serving and praising Him.

December 20	Luke 1: 5-25
December 21	Luke 1: 26-38
December 22	Zephaniah 3: 14-18
December 23	Sunday Liturgy
December 24	Luke 1: 57-66
December 25	Luke 1: 67-79
December 26	Sunday as usual

December 27	Titus 2: 11-14
December 28	Luke 2: 16-23
Dec. 29	Matthew 2: 13-18
December 30	Luke 2: 22-40
December 31	1 John 2: 12-17
Jan. 1	John 1: 1-18
Jan 2	Sunday as usual
Jan 3	Ephesians 3:2-6
Jan 4	Matt. 1: 1-17
Jan 5	Ps.72

We are back at school from here. Continue until you see your director at your usual time.

Jan 6	Isaiah 60:1-6
Jan 7	Mat. 2:1-6
Jan.8	Mat. 2: 7-8
Jan. 9	Sunday as usual
Jan. 10	Isaiah 9: 2-4 and 6-7
Jan. 11	Numbers 6:22-27
Jan. 12	Matthew 1: 18-24

Should you still need prayer items, please do repetitions of previous scriptures that worked well for you.

AMDG