

Praying with Scripture

Reflecting on a passage of Scripture each day allows you to encounter the Person of Jesus and to go deeper in your friendship with Him. You will come to know how much He loves you, that He is faithful and that you can trust Him. Follow the steps that are listed below.

Sign of the Cross

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

- (Pray together aloud when praying with others.) Jesus, please give me the grace to quiet down inside so as to become aware of Your love for me. Jesus, I want to spend this time with You. Help me to give You my full attention & to pray from my heart
- Read one Scripture passage each day, beginning with Day 1. After Day 7, start over with Day 1.
- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **READ** the same Scripture a second time, silently more slowly than the first time, from the heart.
- **CHOOSE a word** or phrase from the Bible passage that stood out for you. Silently think about it, speak with God about it, (and share it aloud with those with whom you are praying.)
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud.)
- **ASK** the Lord for any request that is in your heart. (Share this aloud.)

Close this time of prayer with the Sign of the Cross

Day 1: The Announcement of the Angel Gabriel to Mary



The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, full of grace! The Lord is with you." She was greatly troubled at what was said and pondered what sort of greeting this might be. The angel said, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a Son, and you shall name Him Jesus. He will be great and will be called Son of the Most High and the Lord God will give Him the throne of David His father; He will rule over the house of Jacob forever, of His Kingdom there will be no end." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her. (*Lk 1:26-33, 38*)

Day 2: Mary visited Elizabeth During those days Mary set out and traveled in haste to a town of Judah, where she entered the house of Zechariah

and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the Holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. How does this happen to me that the mother of my Lord should come to me? At the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." (*Luke 1:39-45*)

Day 3: Mary prayed the Magnificat And Mary said [to Elizabeth], "My soul magnifies the Lord, my spirit rejoices in God my Savior, for He has looked upon His servant in her lowliness. For henceforth, all generations will call me blessed; for He who is mighty has gone great things for me, and holy is His name. His mercy is on those who fear Him in every generation. He has shown strength with His arm, He has confused the proud in their inmost thoughts, He has put down the mighty from their thrones, and raised the lowly to high places; He has filled the hungry with good things, and the rich He has sent empty away. He has helped His servant Israel, in



remembrance of His mercy, as He spoke to our fathers, to Abraham and his descendants forever." Mary remained with Elizabeth about three months and then returned home. *(Luke 1:46-56)*

Day 4: Jesus was born in Bethlehem and the Shepherds came to adore Him While Mary and Joseph 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. Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. Today in the city of David a Savior has been born for you who is Messiah and Lord. This will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger." *(Luke 2: 6-12)*

Day 5: The Wise Men came to adore the Savior After Jesus was born in Bethlehem, wise men from the east came to Jerusalem, saying, "Where is He who has been born king of the Jews? We saw His star when it rose and have come to worship Him." When Herod the king heard this, he was troubled. Assembling the chief priests and scribes, he inquired of them where the Christ was to be born. They said, "In Bethlehem, for so it is written by the prophet: "You, O Bethlehem, of Judah, are by no means least among the rulers of Judah; for from you shall come a ruler who will shepherd my people.'" Herod summoned the wise men secretly and ascertained from them what time the star had appeared. He said, "Go and search diligently for the Child; when you have found Him, bring me word, that I too may come and worship Him." After listening to the king, the star that they had seen in the East went before them till it came to rest over the place where the Child was. When they saw the star, they rejoiced exceedingly. Going into the house, they saw the Child with Mary His mother, and they fell down and worshiped Him. Then, opening their treasures, they offered Him gifts, gold and frankincense and myrrh. Being warned in a dream not to return to Herod, they departed by another way. *(Matthew 2:1-12)*

Day 6: The Presentation of Jesus in the Temple

When He was circumcised, He was called Jesus, the name given by the angel. When the time came for their purification according to the Law of Moses, they brought Him up to Jerusalem to present him to the Lord, as it is written in the Law of the Lord, "Every male who first opens the womb shall be called holy to the Lord" and to offer a sacrifice according to what is said in the Law of the Lord, "a pair of turtledoves." Now there was a man whose name was Simeon, who was righteous and devout, and the Holy Spirit was upon him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. He came in the Spirit into the temple, and when the parents brought in the Child Jesus, he took Him in his arms and blessed God and said, "Lord, now let your servant depart in peace, according to your word; for my eyes have seen Your salvation that You have prepared in the presence of all peoples, a light for revelation to the Gentiles, for glory to your people Israel." *(Luke 2:21-32)*



Day 7 The finding of Jesus in the Temple

His parents went to Jerusalem every year at the Feast of the Passover. And when He was twelve years old, they went up according to custom. When the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing Him to be in the group they went a day's journey, but then they began to search for Him among their relatives, and when they did not find Him, they returned to Jerusalem, searching for Him. After three days they found Him in the temple, sitting among the teachers, listening to them and asking them questions. All who heard Him were amazed at His understanding and His answers. When His parents saw Him, they were astonished. His mother said to Him, "Son, why have You done this to us? Behold, your father and I have been searching for You in great sorrow." He said, "Why were you looking for Me? Did you not know that I must be in my Father's house?" They did not understand the saying that He spoke to them. He went down to Nazareth and was obedient to them. His mother, Mary, pondered all these things in her heart. *(Luke 2: 41-51)*

