

ADVENT MEDITATIONS FROM SPIRITUAL LEADERS WITH SCRIPTURE

A SPIRITUAL RETREAT THROUGH ADVENT WITH PRACTICAL PRAYER TIPS

PRODUCED BY: CENTRE FOR LIFE, MARRIAGE & FAMILY CATHOLIC ARCHDIOCESE OF PERTH

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# ADVENT 2020



and many will rejoice at his birth." "The boy will be great and will be called the Son of David. He will do great things in the name of the Lord." "The Spirit of the Lord is upon me, and he will anoint me to preach good news to the poor. He will send me to proclaim peace to the afflicted and to announce that the Lord has visited his people." "The Spirit of the Lord is upon me, and he will anoint me to preach good news to the poor. He will send me to proclaim peace to the afflicted and to announce that the Lord has visited his people."

THE GOSPEL OF LUKE 1:1-14  
 "The Spirit of the Lord is upon me, and he will anoint me to preach good news to the poor. He will send me to proclaim peace to the afflicted and to announce that the Lord has visited his people."

THE GOSPEL OF LUKE 1:15-17  
 "The Spirit of the Lord is upon me, and he will anoint me to preach good news to the poor. He will send me to proclaim peace to the afflicted and to announce that the Lord has visited his people."

THE GOSPEL OF LUKE 1:26-31  
 "The Spirit of the Lord is upon me, and he will anoint me to preach good news to the poor. He will send me to proclaim peace to the afflicted and to announce that the Lord has visited his people."

THE GOSPEL OF LUKE 1:32-33  
 "The Spirit of the Lord is upon me, and he will anoint me to preach good news to the poor. He will send me to proclaim peace to the afflicted and to announce that the Lord has visited his people."

MY SOUL  
 PROCLAIMS  
 THE GREATNESS  
 OF THE LORD,  
 MY SPIRIT  
 REJOICES  
 IN GOD MY  
 SAVIOUR



# LECTIO DIVINA

Lectio Divina is a practice that helps strengthen our relationship with God through spiritual reading, meditation and prayer. It aims not necessarily to intellectually understand the text but to listen and put God's word into practice.

The phrase, *Lectio Divina*, is Latin for "divine reading," and is a way of praying the scriptures that allows the word of God to enter our heart and help us grow in relationship with Him. The roots of this tradition date back to St Ambrose who taught St Augustine of Hippo. The form most commonly practiced today was developed by St Benedict of Nursia and spread to monasteries around the world.

## THE STEPS

### READ

- Choose a passage of Scripture (anything from 1 verse to 15 verses).
- Start by asking the Holy Spirit to shine light and insight on it as you read.
- Read the passage for the first time to get a sense what it is saying.
- Read it again, listen for the "Still quiet voice" of the Holy Spirit. Listen for any words or phrases that strike you.
- Pay Attention to:
  - a. What is it saying?
  - b. What sticks out for you?

### MEDIATE

- Read the passage again slowly. As you come to words or phrases that stand out, consider what that word, phrase, or passage means, particularly in your life.
- You may find it helpful to write down or highlight key phrases to help you focus.
- Pay attention to:
  - a. What emotions, images, ideas or words come to mind?
  - b. How do I instinctively react to this passage?

### PRAYER

Read the passage again slowly. Consider how God has spoken to you and respond back to Him. Pray. Tell Him how it makes you feel. Tell Him what comforts you and what challenges you. Ask for His help to live out the truths you have uncovered today.

### CONTEMPLATE

Now take time to sit with God and remain in His presence. Rest in God; be quiet and listen for God's response.

# PRACTICE SCRIPTURE

Matthew 5:14

*You are the light of the world.*

You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

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John 1:1-15

*The Word became Flesh.*

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through him, and without him not one thing came into being. What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.

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**WEEK ONE**

*of Advent*

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*Hope*

# SUNDAY 29 NOVEMBER

## *First Sunday of Advent*

### **1 Corinthians 1:3-9**

*We are waiting for our Lord Jesus Christ to be revealed.*

May God our Father and the Lord Jesus Christ send you grace and peace.

I never stop thanking God for all the graces you have received through Jesus Christ. I thank him that you have been enriched in so many ways, especially in your teachers and preachers; the witness to Christ has indeed been strong among you so that you will not be without any of the gifts of the Spirit while you are waiting for our Lord Jesus Christ to be revealed; and he will keep you steady and without blame until the last day, the day of our Lord Jesus Christ, because God by calling you has joined you to his Son, Jesus Christ; and God is faithful.

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### ***Preparing for Christ's coming...***

#### *...In my life:*

- How am I grateful for the graces I have received through Christ? Reflect on these graces.

#### *...In my family:*

- How do I love my family in a Christ-like way?

#### *...In my community:*

- How has my community been a witness of the love of God to me?

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*Lord, show us your mercy and love, and grant us your salvation.*

Psalm 84:8

### ***A space for reflection:***

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*Mark the season of Advent by loving and serving others with God's own love and concern.*

Saint Teresa of Calcutta