

Advent: 14th December - Exuberance



Opening prayer

Bless to me, O God,
The earth beneath my foot,
Bless to me, O God,
The path whereon I go. *Garmina Gadelica*

The story continues...

She (Elizabeth) was filled with the Holy Spirit, and sang out exuberantly,

You're so blessed among women,
and the babe in your womb, also blessed!
And why am I so blessed that
the mother of my Lord visits me?
The moment the sound of your
greeting entered my ears,
The babe in my womb
skipped like a lamb for sheer joy.
Blessed woman, who believed what God said,
believed every word would come true! (Luke 1:41b-45)

Silence and Imaginative exercise

Am I blessed? Sometimes we need jolted out of the slide into thinking how things could be better or looking at what is missing. Such a cool stare is necessary perhaps but reflecting on what has been given, on what is good and fine in our lives is also necessary and good. Am I blessed? If you have difficulty seeing the good things in your life, consider asking Jesus to show you where he is in it. Imagine yourself in Mary's shoes as she sings her song.

Closing Blessing

Be a bright flame before me,
Be a guiding star above me,
Be a smooth path below me,
And be a kindly shepherd behind me,
To-day, to-night, and for ever. *Garmina Gadelica*