

Advent 15th Dec: Prayer as loving attentiveness



The story continues...

And Mary said:

“My soul glorifies the Lord
and my spirit rejoices in God my Savior,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me
blessed,
for the Mighty One has done great things
for me—
holy is his name.
His mercy extends to those who fear him,
from generation to generation.

(Luke 1:46-50)

Image: The Visitation, Rueland Frueauf the Elder, detail

Reflection

A novelist has described prayer as loving attentiveness, such a beautiful and care-ful phrase. Mothers and fathers, friends and lovers may express these qualities. I take this mindfulness to be mutual. A trio of words from this reading stands out for me: rejoice – mindful – humble. They suggest the possibility of being happy simply because God is mindful of us, that She is attentive and leans towards me. There are some people who seem to be so interested in what you say that you feel bright and big – maybe someone comes to mind even as you read this. Might God be like that, in fact even more so, and genuinely so?

Exercise

How does it feel to imagine God as ever attentive, ever present like the sun but also onrushing like a series of waves? Take a few minutes to reflect on this. Try to spend the day with such pictures or walk through your day attentive to this One who is so intently interested in you.

Closing prayer

I am in God’s loving gaze, God creating me one moment at a time.

Andrew Hook