



Christmas Day: Childlike Wonder

THE GRACE I SEEK: to live in childlike awe at the saving love of the Child born for our salvation

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Divine Child, please help me to recognize your coming and to adore you in every circumstance.

SCRIPTURE MEDITATION — Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.

"The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shone." (Isaiah 9:1)

FOR REFLECTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.

How is God inviting me to allow the light of his love to pierce the darkness and confusion in my heart so that I can kneel in humble adoration before Love made flesh in the manger?

SCRIPTURE MEDITATION — Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.

"The angel said to them, 'Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a Savior has been born for you who is Christ and Lord. And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger.'" (Luke 2:10–12)

FOR REFLECTION — Contemplating the humility, simplicity, and power of the Nativity before Christ's Real Presence in the Eucharist, ask the Lord to give you a childlike heart. Allow him to help you lay aside any distractions or burdens from the past so that you can be like the shepherds, who went in haste to adore the Child wrapped in swaddling clothes and laid in the manger by Our Lady. Ask Our Lady to teach you how to bring the life of her Son to so many hearts who do not yet know his love.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Grant, we pray, almighty God, that, as we are bathed in the new radiance of your incarnate Word, the light of faith, which illumines our minds, may also shine through in our deeds. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. (Collect, The Nativity of the Lord, Mass at Dawn)

LITURGICAL CONNECTION — Kneeling in awe and wonder before the manger and the Eucharist, allow your heart to become a manger, to become living monstrance for the Lord. Pray for the grace to go spiritually across the mountains and the oceans in intercession, guided by Our Lady and St. Joseph, to allow the love of Baby Jesus to shine forth for the salvation of every human heart.

LOVE IN ACTION — This Christmas Day, share your own childlike awe at the birth of our Savior with someone you love. Testify to what Jesus has done for you and how you encounter his loving presence in every Eucharist.



Feast of the Holy Family: Loving Forgiveness

THE GRACE I SEEK: to love and forgive all those closest to me

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to forgive those closest to me.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

“Brothers and sisters: put on, as God’s chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do.” (Colossians 3:12–13)

FOR REFLECTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

What person in your life are you most struggling to be patient with? Ask the Lord to reveal to you any areas in your relationship that may need forgiveness and humility.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.*

“The child’s father and mother were amazed at what was said about him; and Simeon blessed them and said to Mary his mother, ‘Behold, this child is destined for the fall and rise of many in Israel, and to be a sign that will be contradicted (and you yourself a sword will pierce), so that the thoughts of many hearts may be revealed.’” (Luke 2:33–35)

FOR REFLECTION — Gazing upon the Eucharist, ask Jesus to help you identify any thoughts of your heart that may be a stumbling block to loving those closest to you. Write these thoughts down, asking the Lord to replace them with his thoughts.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — O God, who were pleased to give us the shining example of the Holy Family, graciously grant that we may imitate them in practicing the virtues of family life and in the bonds of charity, and so, in the joy of your house, delight one day in eternal rewards. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, Feast of the Holy Family)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire to forgive those closest to you with the forgiveness Jesus offers us in the Sacrifice of the Mass.

LOVE IN ACTION — After the Lord has revealed to you whom you are being called to forgive and love in a deeper way, make a resolution to show them concretely this week how much you love and appreciate them. Some examples could include a phone call, a quick note in the mail, or an invitation to share a meal together. Choose something you know will mean the most to the other person!



The Epiphany of the Lord: Gifts from the Heart

THE GRACE I SEEK: to offer the Lord the treasures of my heart

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to give to you gifts from my heart.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

"Then you shall be radiant at what you see, your heart shall throb and overflow, for the riches of the sea shall be emptied out before you, the wealth of nations shall be brought to you." (Isaiah 60:5)

FOR REFLECTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

In the busyness of our daily lives, it is easy to miss the abundance of love the Lord is pouring into our hearts. Over the last week or two, can you think of an instance when the Lord was giving you a true gift, but you were too busy or preoccupied to let your heart "throb and overflow" at the goodness of Jesus? Talk to him about your experience.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.*

"They were overjoyed at seeing the star, and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage. Then they opened their treasures and offered him gifts of gold, frankincense, and myrrh." (Matthew 2:10–11)

FOR REFLECTION — When we begin to see the gifts that Jesus is giving to us throughout the day, our natural response is to give back all we have to him in joy, and the way we give to Jesus is often by giving to others. Think about all of the gifts and talents the Lord has given to you. Are there any that you have not cultivated? What is the reason for this? Ask the Lord to help you identify any of the fears holding you back. Present them to him in simplicity, asking for the courage to overcome them. It might be helpful to journal about them, too!

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — O God, who on this day revealed your Only Begotten Son to the nations by the guidance of a star, grant in your mercy that we, who know you already by faith, may be brought to behold the beauty of your sublime glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, The Epiphany of the Lord, Mass During the Day)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire to cultivate the treasures of your heart to be able to show Jesus' love to those around you.

LOVE IN ACTION — Look back at the uncultivated talent(s) you identified during the second reflection. Ask the Lord to show you how you can develop these gifts. Write these steps down; it may also be helpful to ask a friend for support and encouragement! Trust that the Lord will use these efforts to grow his Kingdom.



Baptism of the Lord: New Life



THE GRACE I SEEK: to live the graces of my Baptism so as to be guided in all things by the new life I have received through the Holy Spirit

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments, and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, please help me to generously share the new life I have received through the gift of being reborn by water and the Holy Spirit at my Baptism.

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

"I have grasped you by the hand; I formed you, and set you as a covenant of the people, a light for the nations."
(Isaiah 42:6)

FOR REFLECTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

How is the Lord calling me to live my identity as a beloved child of God and member of his Body, the Church, fully obedient to his loving plan for me?

SCRIPTURE MEDITATION — *Read slowly, 3–4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you in a personal way through this passage.*

"One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit." (Mark 1:7–8)

FOR REFLECTION — Contemplate the humble, filial obedience of Christ at his Baptism, and give thanks for the gift of your own Baptism. Ask our Lord for the grace to fully live your identity and mission as a beloved child of God. Ask Jesus to help you believe in his self-sacrificial love for you.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Almighty and ever-living God, who, when Christ had been baptized in the River Jordan and as the Holy Spirit descended upon him, solemnly declared him your beloved Son, grant that your children by adoption, reborn of water and the Holy Spirit, may always be well pleasing to you. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen. (Collect, The Baptism of the Lord)

SUNDAY MASS CONNECTION — Every time that we enter a church, we dip our fingers into the holy water as a reminder of our Baptism. As we conclude the Christmas Season, ask Our Lord to help your life become a living gospel that proclaims the liberating and saving power of Christ's love to the ends of the earth. At Mass, offer your desire for many more people to become part of God's family through the saving waters of Baptism.

LOVE IN ACTION — Considering the grace you just prayed for, ask the Holy Spirit to help you identify someone in your life who is not baptized. Pray for that person, and ask the Lord to help you find a loving way to invite them to consider the incredible gift of becoming a child of God and member of the Church.