



CATHOLIC ARCHDIOCESE
OF MELBOURNE

A simple prayer for those in their homes

Prepare for this time of prayer by becoming aware of your breath as it moves in and out of your body.

Become aware that God is here with you. Feel God's gaze of love on you. You are known and loved by God.

Welcome God's presence with you. Bring to your mind and heart something that you are grateful for.

I make the sign of the cross +

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

I begin by remembering God's great mercy and compassion:

For the times we have not loved
as God would have us love:

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Lord, thank you for bringing me
to this time of prayer. Open my mind
and heart to receive your word.

I read and reflect on the gospel:

A reading from the Gospel of Luke 1:39-45

Mary set out at that time and went as quickly as she could into the hill country to a town in Judah. She went into Zachariah's house and greeted Elizabeth. Now it happened that as soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit. She gave a loud cry and said, 'Of all women you are the most blessed, and blessed is the fruit of your womb. Why should I be honoured with a visit from the mother of my Lord? Look, the moment your greeting reached my ears, the child in my womb leapt for joy. Yes, blessed is she who believed that the promise made her by the Lord would be fulfilled.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Take a moment to sit quietly with this passage.



The Visitation (1491) by Domenico Ghirlandaio

I Pray:

God, today I ask for the grace to reach out with care and generosity like Mary.

'May I recognise Jesus
and be filled with the Holy Spirit'.

Quiet my mind and heart that I may actively feel your presence as Elizabeth did.

'May I recognise Jesus
and be filled with the Holy Spirit'.

Fill me with your Holy Spirit
so that I may proclaim you as Lord.

'May I recognise Jesus and
be filled with the Holy Spirit'.

Open my heart, that I may be graced with hope
and be a source of joy for others.

'May I recognise Jesus and be filled
with the Holy Spirit'.

Without hesitation, Mary brought Jesus to Elizabeth. We pray in her honour:

Hail Mary, full of grace, the Lord is with you.

Blessed are you among women
and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners
now and at the hour of our death. Amen.

I finish my prayer time:

Thank you, Lord, for this time of prayer
and reflection. May I grow more and more
into the person you call me to be.

May I give my life to you each day so that without
hesitation I too can proclaim you to the world. Amen.

