



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 1:26–38

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary.

He went in and said to her, 'Rejoice full of grace! The Lord is with you.'

She was deeply disturbed by these words and pondered what this greeting could mean, but the angel said to her, 'Do not be afraid, Mary, for you have found favour with God. Look! You will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.'

Mary said to the angel, 'But how can this come about, since I have no knowledge of man?'

In answer the angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. And so the child will be holy and will be called Son of God. And see, your cousin Elizabeth also, in her old age, has conceived a son, and she who was said to be barren is now in her sixth month, for nothing is impossible to God."

Mary said, 'Here I am, the Lord's servant, let it happen to me as you have said.' And the angel left her.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Take a moment to sit quietly with this passage.

I pray:

God, today I ask for the grace to give my life to you.
'Here I am, the Lord's servant'.

Quiet my mind and heart that I may hear your voice like Mary did.
'Here I am, the Lord's servant'.

Fill me with your Holy Spirit so I may make Mary's words my own.
'Here I am, the Lord's servant'.

Open my heart so that I may grow in trust of your goodness and love for me.
'Here I am, the Lord's servant'.

Bless our world; fill the hearts of all people with your grace and compassion.
'Here I am, the Lord's servant'.

Through her 'yes' to God's invitation, Mary brought Jesus into the world. I 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 I can bring you to the world. Amen.

