



## Advent Week 3 Eucharistic Meditation: God with Us



**This Eucharistic Meditation is designed to help you spend 30 minutes to an hour in meditation and silent prayer with Jesus during Eucharistic Adoration.**

**The grace I seek:** to believe Jesus wants to work through 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 know and to believe that you want to work through 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.

*"Therefore the Lord himself will give you a sign: the young woman, pregnant and about to bear a son, shall name him Emmanuel." Isaiah 7:14*

**Reflection Question:** This passage from Isaiah is fulfilled through Mary, who said yes to God, and he worked powerfully through her. How is Jesus working through you right now? (Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart, before you move to the next scripture passage.)

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.

*"I am the vine, you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing." John 15:5*

**Reflection Question:** Gazing upon the Eucharist, ask Jesus how he wants to work in a new way through you, to share his mission of bringing light and life to the world through you. Ask him to help you let him work even more through 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:** Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an Angel, may by his Passion and Cross be brought to the glory of his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, 4th Sunday of Advent)

**Sunday Mass Connection:** This Sunday, offer your desire to let Jesus work through you in a new way, with Jesus, to the Father at Mass. Ask for a deepening of the grace to let Jesus work anew through you, sharing his mission with you.