

## Advent Week 2 Eucharistic Meditation: A Child for 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.**

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**The grace I seek:** to know Jesus is the light of my life

*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 are the light of my life.

### **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.

*"For a child is born to us, a son is given to us; upon his shoulder dominion rests. They name him Wonder-Counselor, God-Hero, Father-Forever, Prince of Peace." Isaiah 9:5*

**Reflection Question:** What does it mean that this child is for me? How does Jesus want to be present in my life 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 way and the truth and the life. No one comes to the Father except through me." John 14:6*

**Reflection Question:** Gazing upon the Eucharist, ask Jesus how he wants to be the source of your life right now. He speaks truth into your life. He is the only way to discover who you truly are. Ask Jesus to help you let him be your source of life.

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 see how your people faithfully await the feast of the Lord's Nativity, enable us, we pray, to attain the joys of so great a salvation and to celebrate them always with solemn worship and glad rejoicing. 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. (Collect, 3rd Sunday of Advent)

**Sunday Mass Connection:** This Sunday, offer your need for renewed life with Jesus to the Father at Mass. Ask for a deepening of the grace to let Jesus be the source of your life.