



Eucharistic Prayer Companions for the Advent and Christmas Seasons

Each Eucharistic Meditation will follow this format:

- ✚ Begin with the opening prayers, asking Jesus for the grace of that week. This prayer is intended to help us learn how to seek a gift from God in prayer.
 - ◆ Pray with the Scripture passage provided. Be open to this encounter with Jesus.
 - ◆ Read that week's passage, usually from the Old Testament, 3-4 times slowly. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.
 - ◆ Sit with a series of reflection questions for a while, being attentive to how the Lord is speaking in your heart.
 - ◆ Read the next passage, usually from the Gospels, 3-4 times slowly. Allow the Holy Spirit to speak to you personally through this passage.
 - ◆ Spend time in silence with the Lord using the next reflection question. Allow him to speak to your heart in that silence. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.
- ✚ Pray the Closing Prayer, usually taken from the Collect for Mass.
- ✚ Reflect on the liturgical connection and Love in Action prompt each week.

Thank you for praying with us as we seek to spend time with our Eucharistic Lord.



First Sunday of Advent: Being Vigilant for the Lord's Coming

THE GRACE I SEEK: to watch vigilantly for the Lord at all times

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 be vigilant at all times.

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.*

"You, LORD, are our father, our redeemer you are named forever. Why do you let us wander, O LORD, from your ways, and harden our hearts so that we fear you not? Return for the sake of your servants, the tribes of your heritage." (Isaiah 63:16B–17)

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

As we begin this Advent season, examine your life gently in the presence of Jesus. Are there ways in which your heart has become hardened and distant from the Lord? How do you sense him gently calling you back? Give concrete examples.

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.*

"Watch, therefore; you do not know when the lord of the house is coming, whether in the evening, or at midnight, or at cockcrow, or in the morning. May he not come suddenly and find you sleeping. What I say to you, I say to all: 'Watch!'" (Mark 13:35–37)

FOR REFLECTION — As we prepare for the Nativity of the Lord, we are being reminded to be constantly on watch for the coming of Christ, the "Lord of the house." Let Jesus help you identify the distractions in your life keeping you from being on watch for him. What are you watching for instead of him? Ask the Lord to help you identify concrete ways to refocus your attention on him and write them down as a spiritual exercise to help you live this Advent season.

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 your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly Kingdom. 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, First Sunday of Advent)

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 be on watch for the Lord's coming.

LOVE IN ACTION— When we receive Jesus in the Eucharist—Body, Blood, Soul, and Divinity—we are receiving a foretaste of heavenly glory. However, this side of heaven, we are constantly on watch, waiting for the day when he will come again. Make it a goal this Advent season to pray for the coming of the Lord's Kingdom, maybe as a new part of your family's daily prayer routine.



Second Sunday of Advent: Repenting of Sin

THE GRACE I SEEK: to trust that the Lord longs to forgive my sins

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 repent of my sins and to trust in your loving forgiveness.

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.*

“Comfort, give comfort to my people, says your God. Speak tenderly to Jerusalem, and proclaim to her that her service is at an end, her guilt is expiated.” (Isaiah 40:1–2A)

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

We often forget that, in repenting of our sins and turning back to Jesus, we are turning back to one who infinitely loves us and longs to comfort us. Pray through the events of this past week and ask Jesus to show you how he has comforted you and encouraged you to repent of any sin that may be present in your life. Give concrete examples.

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.*

“John the Baptist appeared in the desert proclaiming a baptism of repentance for the forgiveness of sins. People of the whole Judean countryside and all the inhabitants of Jerusalem were going out to him and were being baptized by him in the Jordan River as they acknowledged their sins.” (Mark 1:4–5)

FOR REFLECTION — John the Baptist shows us that repentance moves us towards someone as we acknowledge our sinfulness. Looking over this past week, ask Jesus to help you identify two or three concrete choices you made that moved you closer to his merciful love. Thank him for this grace.

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 merciful God, may no earthly undertaking hinder those who set out in haste to meet your Son, but may our learning of heavenly wisdom gain us admittance to his company. Who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen. (Collect, Second Sunday of Advent)

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, pay attention to the words of Jesus, through the priest, begging the Father's mercy on you; unite your desire for this mercy with Jesus.

LOVE IN ACTION — In the Sacrament of Reconciliation, we come before Jesus and confess our sins, asking for the love and mercy of Jesus as we repent and resolve to change our lives. His Precious Blood cleanses us of all sin and gives us strength to avoid sin in the future. Make a resolution to receive the merciful love of Jesus in this sacrament in the next week or two as you prepare for Christmas.



Third Sunday of Advent: Experiencing Joy

THE GRACE I SEEK: to live in joy at the coming of Christ

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 joyfully prepare my heart to welcome you.

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 rejoice heartily in the LORD, in my God is the joy of my soul; for he has clothed me with a robe of salvation.”
(Isaiah 61:10)

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 detach my heart from other loves so that he can be the center and true joy of my soul?

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.*

“A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him. He was not the light, but came to testify to the light.” (John 1:6–8)

FOR REFLECTION — *Contemplate the humble heart of St. John the Baptist, whose life is a school of Christian discipleship. Ask Jesus to help you transform any areas of pride in your heart so that you can grow in humility and prepare a way for him in your own heart— as well as in the hearts of those he is inviting you to share his joy with.*

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. Though 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, Third Sunday of Advent)

SUNDAY MASS CONNECTION — Every celebration of the Mass imparts sanctifying grace that helps us to decrease so that our Lord can increase within us. On this Gaudete Sunday, may our lives become a living hymn of praise and thanksgiving to our Eucharistic Lord, who comes to us with humility and love at every Mass. Ask our Lord today for the grace to humbly proclaim the Good News with your life.

LOVE IN ACTION — In the book of Nehemiah, we hear that “... rejoicing in the LORD is [our] strength” (Nehemiah 8:10). This week, respond to the Gospel mandate to care for the poor by reaching out to someone who is homeless or impoverished with a sign of Christ's joy, whether it is a thoughtful card, a pocket Bible with a loving dedication, or some other concrete token.



Fourth Sunday of Advent: Peace that Surpasses Understanding

THE GRACE I SEEK: to allow the peace of Christ to reign in 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 abandon myself completely to you so that your will may be done in and through me, that I may share in your peace.

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 will fix a place for my people Israel; I will plant them so that they may dwell in their place... I will give you rest from all your enemies.” (2 Samuel 7:10)

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 build a house, a tabernacle, for his Son in my heart so that he can find peace and rest within me and convey his peace, through me, to many hearts?

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.*

“Mary said, ‘Behold, I am the handmaid of the Lord. May it be done to me according to your word.’” (Luke 1:38)

FOR REFLECTION — *Contemplating the “fiat” of Our Lady that made the Incarnation and our salvation possible, ask Our Lord for the grace to have a simple, humble, and receptive heart like Mary. Ask him to stir up a desire for your heart to be totally open to welcome the Word—Jesus—with faith and trust, repeating with Mary this humble “fiat” that is the pathway to experiencing God’s peace, which surpasses our understanding.*

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. Amen. (Collect, Fourth Sunday of Advent)*

SUNDAY MASS CONNECTION — *At the conclusion of this Advent season, we give thanks for the peace we have received by taking refuge in the hearts of Jesus and Mary. Pray that you can always allow the Word to become flesh in you. Offer your desire that Jesus would find a beautiful, simple, and safe manger in your heart where he can abide with you.*

LOVE IN ACTION — *Mother Teresa famously said, “Peace begins at home.” Identify one concrete action you can take this week to allow the peace of Christ to be at the heart of your home.*



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.*