

“The Birth of Baby Jesus”...



FROM THE GOSPEL ACCORDING TO - LUKE - :

“There were shepherds in that region... the angel said to them, ‘Do not be afraid; for behold, I proclaim to you good news of a great joy...[:] today in the city of David a savior has been born for you who is Messiah 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 2:8-12)¹

MEDITATION ON THE MYSTERY:

Lord, give us the ability to incarnate your Divine Verb, to the point that we hear resounding within us, “*And the Verb became flesh!*”: that is, “*And the Word of God has been put into practice in our life, to the point that we have become – in Him, with Him and through Him – a little or great ‘Living Eucharist,’ consecrated and offered to God for the salvation of the world, on a journey of seeking the truth.*”

(cf. SLC, p. 123)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the Living Eucharist, Saint Faustina Kowalska says: “*O Jesus, outwardly I want to be like this little wafer wherein the eye perceives nothing, and yet I am a host consecrated to You.*”

(FAUSTINA KOWALSKA, *Diary*, III, n. 641, Marian Press, Stockbridge [MA] 2005, online edition)

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

-
-

Then follows ...

- 1 Our Father ...
- 5 Hail Mary ...
- 1 Glory be to the Father ... (Sung)

- Praised be,,,
- O my Jesus, forgive us...
- Mary, Queen of Peace ...
- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...