

Communal Lectio Divina: Companions for our Advent Journey

Mary Visits Elizabeth

Opening prayer

Lord Jesus, fill us with your Holy Spirit,
just as Elizabeth was filled with the Holy Spirit in the
moment she encountered you in your mother's womb.
Hail Mary...

(Scripture can be found on the next page)

Lectio (Reading) – Read the Gospel passage slowly and reflectively – respecting the pauses the passage presents. After a moment of silence, read the Gospel passage again. (In a group, read the passage aloud).

Silence (approx. 3 min) – Spend this time reflecting: “What is the Scripture saying?”

Meditatio (Meditation) - Read the Gospel passage slowly and reflectively again. As we listen to the Word this time, we allow the words we are reading to move from our mind to our heart.

Silence (approx. 3 min) – “What is the Scripture saying to my heart?”

Prayerfully “echo” the Word by choosing a word or phrase that resonates in your heart at this time.

Oratio (Prayer) – What do you wish to say to the Lord in response to the Word he has spoken to you? Silently offer a simple prayer of response to the Lord related to the Word you are pondering. (approx. 1-2 min)

Contemplatio (Contemplate) – We rest in the Word we have received, savoring it, waiting with it. (approx. 3-5 min)

Collatio (Sharing) – In your heart, gather the fruits of this Meditation. One of the following questions may help facilitate your reflection:

- What Wisdom is the Lord offering to me? (Truth)
- What is the Word saying to my heart? (Life)
- What is the Word inviting me to do? (Way)

In a group, each person is invited to share briefly (approx. 1-2 min) what the Word is saying to them.

Closing prayer:

Heavenly Father, through the intercession of St. Elizabeth, we pray that we might be filled with joy as we encounter Jesus anew throughout this Advent season.

Glory Be...

Mary Visits Elizabeth

Scripture Reading: Luke 1:39-45

(The Visitation)

During those days Mary set out and traveled to the hill country in haste to a town of Judah, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the infant leaped in her womb, and Elizabeth, filled with the holy Spirit, cried out in a loud voice and said, "Most blessed are you among women, and blessed is the fruit of your womb. And how does this happen to me, that the mother of my Lord should come to me? For at the moment the sound of your greeting reached my ears, the infant in my womb leaped for joy. Blessed are you who believed that what was spoken to you by the Lord would be fulfilled."

