



Daily Reflections

BLESSED ARE YOU!

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

Mary set out in those days 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."

LUKE 1:39-45

Reflection

I love this passage from Luke and I never tire of reflecting upon it because it

brings such joy to my heart and the inner sanctuary of my being. This is such an action-packed passage, starting with Mary “traveling in haste” to be with Elizabeth. Have you not experienced this yourself as you traveled to be with family and friends at a special time? Did you not experience a great sense of joy upon seeing and hugging your loved ones? Just picturing Mary and Elizabeth together I experience a sense of excitement and joy.

As I allowed this passage to take root within me, I found myself recalling times when I experienced God’s active movement in my own life. There are times I can recall where I was discerning an important decision (my own vocation as a Sister of St. Joseph of Orange), when I felt pure joy when I said “yes.” The movement of the Holy Spirit can be so profound in our lives if we’re attuned to God’s in-breaking presence at both expected and unexpected moments. This is part of how Advent prepares our hearts and souls for our life as pilgrims along the way.

This passage from Luke concludes with “blessed are you who believed that what was spoken to you by the Lord would be fulfilled.” Once again, we have one of the threads of Advent coming to the fore – trust. Trust comes through our relationship with the Beloved and our commitment to prayer, reflection, and meditation. It comes through our desire for an ever-deepening relationship with God.

Blessed are you!

O God, may we experience the joy and anticipation of the coming of the birth of our savior. Let us continue to tend the internal garden of Advent that dwells deep within each of us.

O God, scripture reveals the abundant life we have in you. May we cultivate the seeds of this advent season and allow the Holy Spirit to unfurl the great sense of joy and hope find in you.

O God, you continually bless our lives in countless ways. May we be open to your Spirit working within and among us, as the crescendo of the birth of your Son fast approaches.





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For Pondering

- How have you experienced God “adventing” in you these past few weeks?
 - How have the themes of joy, anticipation, love, and hope flourished in your life during this season of Advent?
 - How has your relationship with the Beloved deepened during these past few weeks?
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For Prayer

*O God who advents in each of us,
may we continue to spend quality time in prayer with you
as Christmas approaches.
May we not be hurried and bypass the grace of Advent
as it unfolds in our lives.
Amen.*

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