## Lectio Divina

January 1<sup>st</sup> 2023 Sunday Feast Mary Mother of God – Year A – Luke 2:16 - 21 <sup>16</sup>So they went with haste and found Mary and Joseph, and the child lying in the manger. <sup>17</sup>When they saw this, they made known what had been told them about this child; <sup>18</sup>and all who heard it were amazed at what the shepherds told them. <sup>19</sup>But Mary treasured all these words and pondered them in her heart. <sup>20</sup>The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them. <sup>21</sup>After eight days had passed, it was time to circumcise the child; and he was called Jesus, the name given by the angel before he was conceived in the womb.

Read and re- slowly the	Pray - Thanksgiving – Repentance –
Gospel.	Petition
Meditate - on reading as being spoken to you,	Action – Attitude (Call to change / to act
an experience in your life	/to do

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Mary the Mother of God - what a great title bestowed on Mary as a young girl from Nazareth. She must have been scared with such a request. She did not rush around excited but at all times especially when Jesus was born "she treasured all these things and pondered them in her heart". She is a good example for us to take time and space to ask her to help us in our parenting of our children which is not an easy task with so much expected of them and us in an ever changing world.

What do we do when we find ourselves on a roller coaster ride as we watch our children grow up?

## **Prayer:**

**Thank you Lord** for the wonderful gift of your Mother as our Mother also. She will take care of us and understand all our pain and anxieties as she suffered in her life time as your Mother.

**Forgive us Lord** for the times we put unrealistic expectations on our children and often cause them great stress and anxiety.

**Lord help** us as parents to stay close to Mary who understands all our struggles and is there to put Her mantle around us and protect our families as we struggle often on our journey of life.