Read and re-read, out loud and slowly the Gospel Meditate on reading as being spoken to you, an experience in your life Action - Attitude (Call to change / to act / to do)

December 20th 2015 4th Sunday of Advent - Year C - Luke 1:39 - 44 In this weeks gospel we read about Mary's pregnancy. We reflect on the visitation - the second joyful mystery of the rosary. Mary is the main focus of our attention as she awaits the birth of Jesus. She is a person of great faith and through this has brought great faith to others. Mary's blessedness is that she has faith, no great achievements or visible signs of God's favour - just great faith.

How often do we appreciate our gift of faith and all the blessings it brings? Do we hide it or are we willing to bring it to others by our words and actions? **Prayer:**

Lord we thank you for the gift of our faith and for the people who help us to strengthen it by the example of God in their lives.

Forgive us for the times we do not in our words and actions reflect the great gift of faith we received in our Baptism.

Help us Lord to believe in the power of the Holy Spirit and listen to your word spoken to us each day and follow the example of Our Blessed Mother Mary in her "yes" to the invitation to be the Mother of God.