



Join us for

LIVING ADVENT IN THE THE HEART OF MARY

Weekly Reflections

Week 2: Silence

Fr. John begins the video with a passage from Isaiah:

Just as the rain and the snow descend from heaven and do not return until they have watered the earth, making it fertile and fruitful, so will my word be that goes forth from my mouth. It will not return to me void, but will accomplish the purpose for which I sent it. (Is 55:10-11)

Reflect on this passage for a few minutes. In what way might this passage apply to your life?

St Bernard of Clairvaux wrote about the three comings of Christ; Christ came in history, in mystery and in glory. He came in history 2000 years ago in Bethlehem. He will come in glory at the end of time. In between he comes in mystery, every moment of our lives. How does Christ coming in mystery in every moment of your life change your relationship with Him?

Fr. John mentions the importance of silence for our hearts. In a world which rejects silence, what changes can you make in your daily life to find time for silent reflection?

Fr. John present two situations in Mary's life that she "held in her heart". One, the birth of Jesus, was an occasion of great joy. The other, when she and Joseph searched for Jesus for three days before finding Him in the temple, was an occasion of fear and suffering. How does understanding that the Lord is present to us in all circumstances, both joyful and sorrowful, influence our relationship with Him? What might it mean for me to "hold these things in my heart" like Mary?

What's stirring in my heart now? What might it mean for me to give God permission to act freely in my heart?

Fr. John ends the reflection with this passage from Proverbs "Above all else, watch over your heart, for it is the wellspring of life." (4:23) What small changes can I make in my life today to "watch over my heart."