



Join us for  
**LIVING ADVENT**  
IN THE  
**THE HEART OF MARY**  
Weekly Reflections

### **Week 4: Pondering**

The scene of the Annunciation is found in the gospel of Luke 1:26-38. The angel greets Mary, “Rejoice, full of grace”. Fr. John points out that joy and grace go together because to be in a state of grace means to be full of the presence of God. What are some of the greatest moments of grace in your life? Were these joyful moments?

Luke tells us that Mary “was greatly troubled at what was said and pondered what sort of greeting this might be” (v29). This means that she was bringing these things that were in her heart to the Lord, who knows better than us the depths of our own heart. When you are troubled by something, do you instinctively bring that thing to the Lord? Why or why not?

Fr. John says that Mary didn’t understand these things, but she pondered them. When something reaches beyond your capacity to understand it, are you able to exercise the grace to ponder that thing, allowing the Lord to work on it in your own heart?

While the angel’s message was the fulfillment of the greatest dream for any Jewish woman - to be the mother of the Messiah - Mary had very practical concerns which required some pondering. What situations in your life have required a process of discernment? What was the result of that process?

While Mary pondered, all of heaven and earth were waiting for her answer - her yes reverses all the no’s of history. There is a yes that only we can give to God - what is that yes? What is God asking of you?

How might Mary’s pondering have prepared her heart to sing the Magnificat and how might the Lord be inviting me into that same mystery?

What is the Lord inviting me to ponder right now? In what circumstances of my life do I need to invite Mary’s mystery to enter my heart?