

Third Sunday of Advent

Experiencing Joy Meditation



NATIONAL
**Eucharistic
Revival**

THE GRACE I SEEK: to live in joy at the coming of Christ.

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Pause for a few moments and allow yourself to become aware of Jesus' gift of himself in the Eucharist. Realize that, at this very moment, the Lord of Life is gazing upon you with great love. Allow yourself to receive his loving gaze. You are his beloved child. Rest in his loving gaze. Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to joyfully prepare my heart to welcome you.

SCRIPTURE MEDITATION — Read slowly, 3–4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.

“I rejoice heartily in the LORD, in my God is the joy of my soul; for he has clothed me with a robe of salvation.” (Isaiah 61:10)

FOR REFLECTION — Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart. How is God inviting me to detach my heart from other loves so that he can be the center and true joy of my soul? Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — O God, who see how your people faithfully await the feast of the Lord's Nativity, enable us, we pray, to attain the joys of so great a salvation and to celebrate them always with solemn worship and glad rejoicing. Though our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen. (Collect, Third Sunday of Advent)

SUNDAY MASS CONNECTION — Every celebration of the Mass imparts sanctifying grace that helps us to decrease so that our Lord can increase within us. On this Gaudete Sunday, may our lives become a living hymn of praise and thanksgiving to our Eucharistic Lord, who comes to us with humility and love at every Mass. Ask our Lord today for the grace to humbly proclaim the Good News with your life.

LOVE IN ACTION — In the book of Nehemiah, we hear that “... rejoicing in the LORD is [our] strength” (Nehemiah 8:10). This week, respond to the Gospel mandate to care for the poor by reaching out to someone who is homeless or impoverished with a sign of Christ's joy, whether it is a thoughtful card, a pocket Bible with a loving dedication, or some other concrete token.

