**MEDITATION ON THE ANGELUS**

**V. The Angel of the Lord declared unto Mary.**

R. And she conceived of the Holy Spirit.

***The angel came to Mary with a message from God. To receive this, she needed to be full of faith, and most importantly, listening for the voice of God in her life.***

***How do you make time in your life to hear the voice of God?...***

***Reflect on your own life and where and when you have heard the voice of God…***

Hail Mary, full of grace, The Lord is with Thee; Blessed art thou among women, And blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

**V. Behold the handmaid of the Lord**.

R. Be it done to me according to your word.

***It was through Mary’s active consent that the Incarnation of God took place. When the angel told her that she would bear the Son of God, Mary replied, “Let it be done to me according to your word.”***

***Are you prepared, as Mary was, to respond to God’s calling in your life?...***

***Do you take comfort in the fact that through God all things are possible?...***

Hail Mary. . .

**V. And the Word was made flesh.**

R. And dwelt among us.

***The incarnation, God’s act of becoming man in Jesus Christ is the foundation of the Christian faith. In Jesus, God took on our mortal human flesh, shared our earthly lot, our suffering, and our death, and became like us in all things but sin. As Pope Benedict said, “ God is so great that he can become small. God is so powerful that he can make himself vulnerable and come to us as a defenseless child, so that we can love him.”***

***Reflect on what it means to you that “God became man”…***

***Reflect upon what foundation is your relationship with Jesus formed…***

Hail Mary. . .

**V. Pray for us, O holy Mother of God.**

R. That we may be made worthy of the promises of Christ. Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

