

## The Presentation

*He [Simeon] took him up in his arms and blessed God and said, "Lord, now lettest thou thy servant depart in peace, according to thy word; for mine eyes have seen thy salvation which thou hast prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to thy people Israel."*

- Luke 2:28-32

Mary fulfilled the requirements of the Law not because of the obligation but because of the love she had for God. Simeon spent his days in the Temple in joyful hope of finally seeing the Savior.

As I sit here before You Jesus, I echo the words of Simeon as he held you in his arms, "*my eyes have seen they salvation.*" Let me sit here in the quiet of this place holding You in my heart and gazing upon You, my God, in the Most Blessed Sacrament. Allow me with utter joy to sit in silence and look upon the Light of the World.

Lord, give me the time and grace to come here to adore You more often. Help me to get past the idea of simply filling an hour. Help me instead to come here out of love and anticipate these visits in joyful hope.

## The Finding in the Temple

*After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at his understanding and his answers.*

- Luke 2: 46-47

I come here before You Jesus in this place to listen to what You have to say to me. I come here in the quiet and silence to listen to the Master. Like those men in the Temple, I too am astonished at Your wisdom and the answers You have for me.

Thank you for this great and wonderful gift of Yourself in the Eucharist. Thank You for this time that we have to spend together.

I know that You are always here waiting day and night to talk to me. I also know that whenever I am lost or lose sight of You I can come here and be at peace.

Lord, as I finish meditating on these mysteries with You and your Mother, I pray that I may always return "with haste" to find You here. In doing so may I "*grow in wisdom, age, and grace before You and my fellow man.*"

*One should not expose the Eucharist only to recite the rosary. However, among the prayers that are used during adoration, the recitation of the rosary may certainly be included, emphasizing the christological aspects with biblical readings relating to the mysteries, and providing time for silent adoration and meditation on them. Congregation for Divine Worship Notitiae 34ed (1998) (507-511)*

# The Joyful Mysteries of the Eucharist



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Scripture RSV-CE (Ignatius Bible)

## The Annunciation

And he came to her and said, "Hail, full of grace, the Lord is with you!" But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. And the angel said to her, "Do not be afraid, Mary, for you have found favor with God. And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus.

And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." And the angel departed from her.

- Luke 1:28-31, 38

I too, like Mary, have many questions about the works of God. As I sit here and look upon my God in the Eucharist, many thoughts rush through my mind. Like Mary I ask, "*how can this be?*" I do not ask this because I think it impossible. I ask this with a sense of awe and wonder. I ask this with a sense of gratitude and unworthiness.

The Annunciation reminds me that nothing is impossible for God. It also reminds me that the only thing that can prevent God from working in my life or prevent me from recognizing God is me.

Lord, remove the scales from my eyes and help me to see you here before me truly present in the Most Blessed Sacrament. Help me to cry out to you, "*I do believe, help my unbelief.*"

## The Visitation

*n those days Mary arose and went with haste into the hill country, to a city of Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit and she exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me?*

- Luke 1:39-43

How often it is that I run to share good news with family and friends. Many times they see my joy and excitement before barely a word leaves my mouth. In the Visitation, Elizabeth is blessed by both You, Jesus, and your Mother and she is stirred by the promptings of the Holy Spirit.

As I sit before You, contemplating Your life through and with Mary, I too ask how could this be that both You and She would come to visit me? I am unworthy of this visitation but I ask You to stay me for a while and allow me to stay with You.

Lord, after this wonderful hour of adoration, give me the grace to visit those people I know and love who need to be closer to You. Help me to have the courage to invite them to come here in Your Presence for their own Visitation

## The Nativity

*And while they were there, the time came for her to be delivered. And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn.*

- Luke 2: 6-7

My heart cries out with indignation, "no room, no room, how can this be? No room for the King of Kings?" Yet, as I sit before You who appears not wrapped in swaddling clothes but under the appearance of bread, not in a manger but within the throne of the monstrance, I remember the times I have turned You away.

I remember the time You stopped me on the street to ask for some change. I remember the time You wanted me to take the day off so we could go to the park. I remember the time You asked me to simply stop in here and talk with You. I remember all these times that I didn't have the time. I remember now that I didn't want to make room for You.

Lord, help me to make room for You. Give me the strength to clean out my heart and make room for the King. Help me also to recognize you when You come to me. Help me to see You in the manger, the stranger, my family, and friends, but most importantly in the Eucharist.