

# The Pray More Advent Retreat

Inspiring talks to help you  
prepare to celebrate the  
birth of our Lord,  
Jesus Christ



## Six Ways to Keep Your Advent Season Holy, Part I

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### Reflective Questions

“Celebrate the feast of Christmas every day, even every moment in the interior temple of your spirit, remaining like a baby in the bosom of the heavenly Father, where you will be reborn each moment in the Divine Word, Jesus Christ.”

- St. Paul of the Cross

- As we enter into Advent, this time of expectant waiting, how do you try to curb the hectic nature of the season? As a mother prepares for the arrival of her child, we also must prepare for the coming of the Lord. But with so many distractions and the materialistic influence of the secular world it can be hard. Challenge yourself this Advent to make a list of ways you will prepare your heart for the coming of the Lord.
- In our everyday relationships Jesus comes to us and shows us His face. Am I open to how God wants to come into my life? How does God work in my life and in the world today? Am I open to the way in which God reveals himself to me or am I closed like the inns were closed in Bethlehem on the night of Jesus' birth?
- The first tip is to spend an hour at Eucharistic Adoration sometime during the four weeks of Advent. Let's challenge ourselves to also adore God in our daily lives. Allow your heart to be silent and listen to Him so that you can be covered in His peace.
- Spending 10 minutes reading and studying the Bible is the second tip. You can take it a step further and try out Lectio Divina while reading the mass readings during Advent. When meditating on the words ask yourself the

following questions: What would I hear if I were there with Jesus? What would I see, taste and smell? How would I feel in this situation? What would it be like if I were really there with the Lord in this moment?

- We can thank the Virgin Mary for the season of Advent. It is because of her, “yes” to receiving Jesus into her body that we have this time to prepare our hearts and souls for the coming of our Lord. Can you say “yes” to God’s will in your life like Mary did? Try to emulate her by imagining how she received Jesus into her body with joy, thanksgiving and praise when you receive the Eucharist.
- This season is filled with so many distractions that take our focus away from Christ in Christmas. What can you do as a family that reminds you of Jesus who is the very best gift of all?