

Week Two

Peace begins with a yes.

I pray for the grace to believe Your favor and offer You a ready “yes.”

Continue using the prayer template on page 3 to structure your daily prayer.

Day 1: Read the passage below from Luke 1. Imagine the scene, focusing on your senses. Place yourself in the story.

Day 2: Read the passage again. Consider what blooms when we believe in God’s favor and consent to God’s plan.

Day 3: Pray Mary’s breath prayer. What’s it like to borrow her courage? What peace do you need from God?

Day 4: Practice receiving God’s favor. Using the Centering Prayer practice, become aware that you are in God’s loving gaze. Soak in that.

Day 5: Repeat one of the days above.

“Mary’s yes to God was not just an act of submission, but an act of profound trust and love.” - Pope Benedict XVI

Breath Prayer

*“The Spirit of God has made me;
the breath of the Almighty gives me life.”*

Job 33:4

This practice is as simple and refreshing as a good deep breath. In this form of contemplative prayer, we repeat a short phrase in rhythm with our inhale and exhale. It’s a way of letting our bodies participate in the conversation with God. The steady rhythm of breathing becomes our metronome for prayer.

A breath prayer can be crafted from a Bible verse, prayer request, longing, or promise. This week, we will use Mary’s brave words from Luke 1.

1. **Settle** into prayer, knowing God is with you. Notice your weight in the chair, your feet on the floor. Orient your spirit to God’s non-anxious presence.
2. **Breathe.** Notice the quality of the air. What does it feel like on your lips or nostrils? Does your chest or belly move?
3. **Pray** Mary’s prayer with your breath. *Inhale:* “May it be to me...” *Exhale:* “...according to Your word.” Let each breath draw you deeper into prayer. Notice what arises as you pray those words.
4. **Play.** When your thoughts drift (and they will), hold that with kindness. Simply notice you’ve wandered off and gently bring your attention back to God and your breath.
5. **Close.** When you are satisfied, close your prayer by noticing what (if anything) shifted in your body, mind, or spirit. Tell God about it.
6. **Listen** for God’s response and end with a time of silence.

Peace Week

Mary & the Angel

In the sixth month of Elizabeth's pregnancy, God sent the angel Gabriel to Nazareth, a town in Galilee, to a virgin pledged to be married to a man named Joseph, a descendant of David. The virgin's name was Mary.

The angel went to her and said, "Greetings, you who are highly favored! The Lord is with you."

Mary was greatly troubled at his words and wondered what kind of greeting this might be.

But the angel said to her, "Do not be afraid, Mary; you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus.

He will be great and will be called the Son of the Most High. The Lord God will give him the throne of his father David, and he will reign over Jacob's descendants forever; his kingdom will never end."

"How will this be," Mary asked the angel, "since I am a virgin?"

The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God.

Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month.

For no word from God will ever fail."

"I am the Lord's servant," Mary answered. "May your word to me be fulfilled."

Then the angel left her.



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