

Week Three

— Joy is carried together. —

I pray for the grace to share joy with the people I love.

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, meditating on Mary's experience. When has someone seen and named the holy in you? What was it like?

Day 3: Practice the "Naming the Holy" exercise.

Day 4: Read the first part of the passage below, meditating on Elizabeth's experience. When have you seen and named the holy in someone else? **Write a note** or two to someone in your community. Name the spark of God you see in their lives.

Day 5: Repeat any day above, or revisit a contemplative exercise from a previous week.

Naming the Holy
an Examen and a Praise

We begin this practice with a prayer of attention called the examen. As we pray, we'll allow the Spirit to guide our attention to His work in us. Like Mary, we carry the Holy in our bodies (1 Cor 6:19-20). As we name and bless the ways the Spirit grows in us, we are invited to rejoice. The kingdom is coming. God is with us.

- 1. Prepare.** Take a deep breath. Close your eyes. Sit in silence, resting in God's loving gaze.
- 2. Look Back.** Ask the Spirit to guide your memory through your week. Don't worry about remembering every event. Instead, simply allow the scenes from your week to play on your mind like a slideshow. Notice what surfaces, without judgment.
- 3. Look In.** As you reflect, notice where you saw a fruit of the Spirit in yourself. (*Look for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, or self-control.*) Celebrate.
- 4. Look Around.** When did you notice a fruit of the Spirit in others this week? Celebrate.
- 5. Look Ahead.** Consider what is growing. What might the Spirit be cultivating?
- 6. Respond.** Gather your reflections and write a brief response of praise. Borrow Mary's first line, "My soul glorifies the Lord and my spirit rejoices in God my Savior, for..." and go from there.

Jay Week

Elizabeth & Mary

In those days Mary arose and went with haste into the hill country, to a town in Judah, and she entered the house of Zechariah and greeted Elizabeth. And when Elizabeth heard the greeting of Mary, the baby 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 to me that the mother of my Lord should come to me? For behold, when the sound of your greeting came to my ears, the baby in my womb leaped for joy. And blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord.”

And Mary said: “My soul glorifies the Lord
and my spirit rejoices in God my Savior,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
for the Mighty One has done great things for me—
holy is his name.
His mercy extends to those who fear him,
from generation to generation.
He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
He has brought down rulers from their thrones
but has lifted up the humble.
He has filled the hungry with good things
but has sent the rich away empty.
He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants forever,
just as he promised our ancestors.”

Mary stayed with Elizabeth for about three months and then returned home.

Luke 1:39-56 (TLB)



Joy is carried together.