

## Day 4—Saturday 17th February

### Scripture for Prayer

**Stilling:** Take a few minutes to become still using one of the ways suggested in 'Today's Meditation'.

**God is Present:** God is with you. Ask God to inspire your prayer time.

**Ask for what you desire.** What gift, what grace do you want right now?

Go through the passage below a word at a time. Stay with the words or phrases that say something to you.

### Luke 1:46-55 (NRSVA)

**‘My soul magnifies the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked with favour  
on the lowliness of his servant.  
Surely, from now on all generations  
will call me blessed;  
for the Mighty One has done great things for me,  
and holy is his name.  
His mercy is for those who fear him  
from generation to generation.  
He has shown strength with his arm;  
he has scattered the proud  
in the thoughts of their hearts.  
He has brought down the powerful  
from their thrones,  
and lifted up the lowly;  
he has filled the hungry with good things,  
and sent the rich away empty.  
He has helped his servant Israel,  
in remembrance of his mercy,  
according to the promise he made to our  
ancestors,  
to Abraham and to his descendants for ever.’**

**Conversation:** When you come towards the end of your time of prayer, talk to God or to Mary about what has come up for you. Imagine how God might reply.

**A Prayer:** End with a formal prayer, such as the Lord's Prayer/Our Father

## Review of Prayer

At the end of your prayer you can look back and ask: **Does it have something to say to you?**

**How does it make you feel?**



## Today's Meditation

### Gabriel's Annunciation

No, I did not announce Plan B  
That honorific recompense  
For the strange event in Eden  
So many thought so needed,

Though there never was an Eden  
Where there would be no snow  
And Christmas never come:

To find the Word in this milieu  
Was always on the cards  
And in that life and death,  
As well as something else  
We cannot put our fingers on,  
There would be a stable place  
For us to find in this new birth  
The gardener's first intent -  
A Blessing all the time.

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