

DWELL

AN ADVENT JOURNEY WITH MARY TO HER EUCHARISTIC SON



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INTRODUCTION

DWELL - AN ADVENT JOURNEY WITH MARY TO HER EUCHARISTIC SON

Advent is a season of invitation.

A time to slow down, breathe, and make space for the One who desires to be close to us. The God who created the universe chooses to dwell with His people, first in the quiet of Mary's womb, then in the stillness of Bethlehem, and now in the humble beauty of the Eucharist.

During this season, the Church invites us not only to remember Christ's birth but to welcome Him again, in our hearts, our homes, our families, our relationships, our workplaces, and our communities. Advent becomes a gentle reminder that God wishes to dwell where we are, in the reality of our lives.

Mary shows us how to receive Him. At the Annunciation, she becomes the first dwelling place of the Word made flesh, a living space for God's love. She listens, she trusts, she makes room, and she carries Christ into the world. Through her, we learn that welcoming Jesus begins with openness, quiet faith, and love.

This devotional is an invitation to journey with Mary as we draw closer to:

- Jesus present in the Eucharist,
- Jesus speaking through Scripture,
- Jesus desiring to dwell within us,
- Jesus longing to reach others through us.

Advent also echoes the rhythm of renewal that shapes the Christian life — awakening the Interior Life, moving outward in the Active Life, and bearing fruit in Human Flourishing, following the rhythm: Encounter → Deepen → Mission.

To *dwell* with Christ is to move gently through this rhythm:

- Encounter – like Mary hearing the angel's message and opening her heart.
- Deepen – like Mary carrying Jesus quietly and faithfully within her.
- Mission – like Mary bringing Christ to Elizabeth and revealing Him at Bethlehem.

As we walk through Advent, Mary teaches us to encounter Jesus, to **hold Him close**, and to share His presence, until His love truly *dwells* in every part of our lives.

How to use this devotional

This devotional is designed to be simple, flexible, and contemplative
~ centred on Scripture, Mary, and the Eucharistic presence of Jesus.

You can use it in several ways:

FOR PERSONAL PRAYER

- Prepare for Sunday Mass by reflecting on the Gospel using Lectio Divina during the week
- Sit with the daily reflections and prayers (Mon–Sat).
- Use the mission action each day — a small way to carry Jesus outward.
- Keep a Bible, candle, or small prayer space to help you dwell with the Lord.

FOR FAMILIES

- Read the Sunday Gospel together around an Advent wreath or candle.
- Choose one or two days in the week to pray the daily reflection as a family.
- Invite children to share: “Where can Jesus dwell in my life today?”
- Let the “Mission action” become something you do together

FOR PARISH GROUPS / SMALL COMMUNITIES

- Use the Sunday Lectio as the centrepiece of your gathering.
- Invite members to share which word or phrase stood out.
- Pray the Marian prayer together at the start of each week.
- End by choosing one mission action to carry into your family, relationships, workplace, or parish community — anywhere Christ is calling you to help His presence dwell.

How to pray with Lectio Divina

Lectio Divina means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

Journaling during Advent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of letting the Word dwell more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work.

Let it be simple. Let it help you notice.

Daily Rhythm for Prayer

1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: “*Lord, show me the right moment for this.*”

Let each day be simple. Let it unfold gently. Let the Lord dwell with you.

Advent Journey Prayers

WITH MARY, I LISTEN

To be said before reading Scripture

Mary, Mother of the Word,
help me to listen with a still and humble heart.
Guide my thoughts as I sit with the Gospel.
Teach me to recognise your Son speaking to me.
Amen.

WITH MARY, I BEGIN

Daily opening prayer for the Advent Journey

Mary, Mother of Jesus,
be with me as I enter this season.
Teach me the quiet openness of your heart.
Help me welcome Jesus into my life,
in the places where I most long for His presence.
Amen.

WITH MARY, I RESPOND

Daily closing prayer for the Advent Journey

Mary, gentle guide,
help me live what I pray.
Teach me to carry Jesus
into my family, my relationships, my workplace,
and everywhere love is needed.
Amen.

First Week of Advent

DWELL IN READINESS

As we begin Advent, we take a slow breath and open our hearts.

This first week invites us into a gentle attentiveness
— the kind of inner stillness Mary carried before the angel came.

Before anything else, God asks for our readiness:
a heart that listens, watches, and welcomes.

Let Mary lead you into this quiet beginning.



MARY'S FIAT:
A HEART THAT MAKES ROOM

GOSPEL FOR THE FIRST SUNDAY OF ADVENT
MATTHEW 24:37–44

First Sunday of Advent Gospel

MATTHEW 24:37-44

"Stay awake, for you do not know on which day your Lord will come."

Jesus said to his disciples:

"As it was in the days of Noah,

so it will be at the coming of the Son of Man.

In those days before the flood,

they were eating and drinking,

marrying and giving in marriage,

up to the day that Noah entered the ark.

They did not know until the flood came and carried them all away.

So will it be also at the coming of the Son of Man.

Two men will be out in the field;

one will be taken, and one will be left.

Two women will be grinding at the mill;

one will be taken, and one will be left.

Therefore, stay awake!

For you do not know on which day your Lord will come.

Be sure of this: if the master of the house

had known the hour of night when the thief was coming,

he would have stayed awake

and not let his house be broken into.

So too, you also must be prepared,

for at an hour you do not expect, the Son of Man will come."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

First Week of Advent Daily Reflections

MONDAY — A LISTENING HEART

Mary teaches us that readiness begins with listening.

Prayer: *Mary, help me listen with simplicity and trust today.*

Action: Give someone your full attention — a moment where Christ can dwell.

TUESDAY — SAYING YES IN SMALL WAYS

Mary's yes was hidden yet world-changing.

Prayer: *Jesus, help me say yes to You in ordinary moments.*

Action: Do something kind today that no one sees.

WEDNESDAY — SILENCE THAT HOLDS GOD

Silence is a gentle space where God can rest in us.

Prayer: *Lord, help me treasure a few minutes of quiet with You.*

Action: Offer a moment of silence for someone who is hurting or alone.

THURSDAY — HOPE WHILE WAITING

Mary waited with a trust rooted in God's goodness.

Prayer: *Mary, teach me to wait with hope, not worry.*

Action: Send a message of encouragement to someone who needs lifting up.

FRIDAY — SHARING CHRIST'S PRESENCE

When we allow Jesus to dwell within us, His peace naturally flows outward.

Prayer: *Holy Spirit, let my words and actions bring Your gentleness today.*

Action: Offer to pray for someone — even quietly, in your heart.

SATURDAY — PREPARING A PLACE

Mary prepared her heart with quiet love and trust.

Prayer: *Jesus, help me make room for You in the ordinary places of my life.*

Action: Light a candle and simply invite Jesus to dwell in your home and heart.

Daily Opening and Closing Prayers, pg 6

Second Week of Advent

DWELL IN PREPARATION

This week becomes gently intentional.

John the Baptist calls, "Prepare the way," and Mary shows how — through love, service, and a heart that carries Christ into relationships.

Where might Jesus be inviting you to create space?



MARY'S VISITATION:
CARRYING CHRIST WITH LOVE

GOSPEL FOR THE SECOND SUNDAY OF ADVENT

MATTHEW 3:1-12

Second Sunday of Advent Gospel

MATTHEW 3:1-12

"Prepare the way of the Lord."

John the Baptist appeared, preaching in the desert of Judea
and saying, "Repent, for the kingdom of heaven is at hand!"
It was of him that the prophet Isaiah had spoken when he said:
A voice of one crying out in the desert,
Prepare the way of the Lord,
make straight his paths.
John wore clothing made of camel's hair
and had a leather belt around his waist.
His food was locusts and wild honey.
At that time Jerusalem, all Judea,
and the whole region around the Jordan were going out to him
and were being baptized by him in the Jordan River
as they acknowledged their sins.

When he saw many of the Pharisees and Sadducees
coming to his baptism, he said to them, "You brood of vipers!
Who warned you to flee from the coming wrath?
Produce good fruit as evidence of your repentance.
And do not presume to say to yourselves,
'We have Abraham as our father.'
For I tell you, God can raise up children to Abraham from these stones.
Even now the ax lies at the root of the trees.
Therefore every tree that does not bear good fruit
will be cut down and thrown into the fire.
I am baptizing you with water, for repentance,
but the one who is coming after me is mightier than I.
I am not worthy to carry his sandals.
He will baptize you with the Holy Spirit and fire.
His winnowing fan is in his hand.
He will clear his threshing floor and gather his wheat into his barn,
but the chaff he will burn with unquenchable fire."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Second Week of Advent Daily Reflections

MONDAY — MAKING ROOM WITHIN

We can't always change our circumstances, but we can soften the space inside our hearts.

Prayer: *Mary, help me clear away what distracts me from Jesus.*

Action: Choose one small thing to set aside today (a habit, a noise, a hurry) to make room for Him.

TUESDAY — MARY GOES “IN HASTE”

Mary didn't wait to feel ready — she arose and went. Love moves us gently outward.

Prayer: *Jesus, help me move toward others with love today.*

Action: Reach out to someone you've been meaning to check in on.

WEDNESDAY — BRINGING CHRIST INTO RELATIONSHIPS

Wherever Mary goes, Christ goes.

Prayer: *Lord, enter the conversations and interactions of my day.*

Action: Bring gentleness into a conversation today — even a difficult one.

THURSDAY — PREPARING THE HOME

Mary welcomed Jesus into her whole life — her home, her routines, her relationships.

Prayer: *Mary, help me see my home as a place where Christ can dwell.*

Action: Tidy one small area of your home prayerfully, asking Jesus to dwell there.

FRIDAY — SERVING WITH LOVE

Mary served Elizabeth not out of duty, but out of love filled with Christ.

Prayer: *Holy Spirit, make my service gentle, joyful, and freely given.*

Action: Do a small act of service for someone in your family, school, or workplace.

SATURDAY — PREPARING THROUGH PRAYER

Preparation is less about doing and more about opening the heart.

Prayer: *Jesus, prepare me to welcome You at Christmas and in Holy Communion.*

Action: Sit quietly for two minutes today and whisper, “Lord, let me be a place where You can dwell.”

Daily Opening and Closing Prayers, pg 6

Third Week of Advent

DWELL IN JOY

Gaudete — Rejoice.

A soft light of joy enters Advent's waiting.

Mary's Magnificat rises from a heart where God truly dwells.

Let this week awaken joy that comes from God's nearness.



MARY'S MAGNIFICAT:
REJOICING IN GOD WHO DWELLS WITH US

GOSPEL FOR THE THIRD SUNDAY OF ADVENT

MATTHEW 11:2-11

Third Sunday of Advent Gospel

MATTHEW 11:2-11

"Are you the one who is to come?"

When John the Baptist heard in prison of the works of the Christ,
he sent his disciples to Jesus with this question,

"Are you the one who is to come,
or should we look for another?"

Jesus said to them in reply,

"Go and tell John what you hear and see:

the blind regain their sight,

the lame walk,

lepers are cleansed,

the deaf hear,

the dead are raised,

and the poor have the good news proclaimed to them.

And blessed is the one who takes no offense at me."

As they were going off,

Jesus began to speak to the crowds about John,

"What did you go out to the desert to see?

A reed swayed by the wind?

Then what did you go out to see?

Someone dressed in fine clothing?

Those who wear fine clothing are in royal palaces.

Then why did you go out? To see a prophet?

Yes, I tell you, and more than a prophet.

This is the one about whom it is written:

Behold, I am sending my messenger ahead of you;

he will prepare your way before you.

Amen, I say to you,

among those born of women

there has been none greater than John the Baptist;

yet the least in the kingdom of heaven is greater than he."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Third Week of Advent Daily Reflections

MONDAY — JOY BEGINS WITH GRATITUDE

Mary's Magnificat flows from remembering God's goodness.

Prayer: *Mary, help me notice even one blessing today.*

Action: Write down one thing you're grateful for — and thank God for it.

TUESDAY — JOY IN SMALL THINGS

Mary rejoiced in the humble, the hidden, the ordinary.

Prayer: *Jesus, give me eyes to see Your presence in small moments.*

Action: Delight in something simple, sunlight, a meal, a quiet moment and offer it to God.

WEDNESDAY — JOY THAT ENCOURAGES

Mary's greeting made Elizabeth's child leap for joy. Our words can also lift hearts.

Prayer: *Holy Spirit, let my words today bring encouragement.*

Action: Speak a sincere word of affirmation to someone.

THURSDAY — JOY THAT DWELLS IN COMMUNITY

Joy grows when shared. Mary stayed with Elizabeth for three months, a season of mutual support.

Prayer: *Lord, let my presence bring comfort to those around me.*

Action: Reach out to someone who may feel forgotten or alone.

FRIDAY — JOY IN THE EUCHARIST

Christ dwelling with us in the Eucharist is the deepest source of Christian joy.

Prayer: *Jesus, present in the Eucharist, draw my heart closer to You.*

Action: Make a short visit to the church if possible, or pause and pray: *"Jesus, thank You for dwelling with me."*

SATURDAY — A HEART READY TO REJOICE

Preparing for joy is part of preparing for Christmas.

Prayer: *Mary, help me welcome joy as a gift from God.*

Action: Light a candle and ask Jesus to let His joy dwell in your heart and home.

Daily Opening and Closing Prayers, pg 6

Fourth Week of Advent

DWELL IN LOVE

The final days of Advent are tender.
Mary and Joseph welcome Jesus with trust and simplicity.
Love prepares a place.
Love draws near.
Let these last days soften your heart for His coming.



MARY AT BETHLEHEM:
WELCOMING THE GOD WHO COMES CLOSE

GOSPEL FOR THE FOURTH SUNDAY OF ADVENT
MATTHEW 1:18-24

Fourth Sunday of Advent Gospel

MATTHEW 1:18-24

"They shall name him Emmanuel."

This is how the birth of Jesus Christ came about.
When his mother Mary was betrothed to Joseph,
but before they lived together,
she was found with child through the Holy Spirit.
Joseph her husband, since he was a righteous man,
yet unwilling to expose her to shame,
decided to divorce her quietly.
Such was his intention when, behold,
the angel of the Lord appeared to him in a dream and said,
"Joseph, son of David,
do not be afraid to take Mary your wife into your home.
For it is through the Holy Spirit
that this child has been conceived in her.
She will bear a son and you are to name him Jesus,
because he will save his people from their sins."
All this took place to fulfill what the Lord had said through the prophet:
*Behold, the virgin shall conceive and bear a son,
and they shall name him Emmanuel,*
which means "God is with us."
When Joseph awoke,
he did as the angel of the Lord had commanded him
and took his wife into his home.

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Fourth Week of Advent Daily Reflections

This final Advent week is short, simple, and full of quiet expectation.

MONDAY — LOVE MAKES ROOM

Mary and Joseph made room for Jesus wherever they were, even in a stable.

Prayer: *Lord, help me welcome You in the unexpected places of my life*

Action: Clear one small space in your home to honour Christ's coming.

TUESDAY — LOVE THAT DRAWS NEAR

Mary draws near to Jesus with tenderness; Jesus draws near to us with mercy.

Prayer: *Jesus, soften my heart to love as You love.*

Action: Reach out gently to someone in your family or relationships who may need reconciling or kindness.

WEDNESDAY — LOVE THAT DWELLS

God's love is not distant — it comes close enough to hold, to cradle, to adore.

Prayer: *Emmanuel, dwell in my heart and in my home today.*

Action: Light a candle and pray for Jesus to dwell with every person who enters your home this Christmas.



Daily Opening and Closing Prayers, pg 6

A PRAYER TO END ADVENT

DWELL WITH US, LORD — A CHRISTMAS PRAYER

After Advent, as we welcome Jesus at Christmas

You have walked through silence, preparation, joy, and love.

You have let Mary guide you, carrying Christ into the world with tenderness and faith.

Now Christmas dawns
and the Word who dwelt in Mary's womb
comes to dwell with us.

In the manger, in the Eucharist, in our homes,
He is Emmanuel, God with us.

Take a quiet moment now:

- Where has Jesus drawn near to you this Advent?
- Where has He invited you to make room?
- Where is He dwelling in your life today?

Let this prayer close your Advent, and open your heart for Christmas:

*Jesus, Emmanuel, You come to us in simplicity and love.
Dwell in my heart, dwell in my home, dwell in my family
and relationships. Through Mary's "yes" and Joseph's
trust, teach me to welcome You with love.
Remain with me now and always.
Amen.*

May Christ dwell with you deeply ~
and may His presence bring hope, joy, and peace to all who encounter you.