

# Verbum Dei

## Guidelines for Prayer

### “THE SON OF GOD BECAME HUMAN FOR US AND FOR OUR SALVATION.”

WEEK 1

Dec 2-8, 2019

#### INCARNATION (THE LOVE OF GOD MADE FLESH)

##### General Objective:

To believe in Love made flesh, letting it be made flesh in us by living Christ's life of poverty, chastity and obedience.

Objective: To rediscover the essence of God's love to all His creation and to enter into the core of His desires to save all humanity by giving His whole life becoming human and giving us the way to our salvation through Jesus Christ.

#### INTRODUCTION

It is very timely that we will enter in this truth of faith of the Incarnation as we journey in preparing for the coming of Jesus in our hearts together with Joseph and Mother Mary in this season of advent.

God's mercy truly became even more concrete and palpable in the incarnation of Jesus Christ. He made known to us His plan of salvation in ways that we could clearly understand.

From the very beginning God already desires to be with us. In the person of Jesus in Nazareth, the Word of God became flesh-fresh and raw. We are able to touch the Almighty Loving God in the fragile baby boy born in a manger. It is through the fragility of Christ's humanity that God's fullness is revealed to us. In His Pascal mystery we find hope to change and be as what God has created us to be - full of His image and likeness (cf. Gen. 1:26).

Jesus' life and love, poured out for all of us, healed and restored the dignity of human life. The life of Christ is set as the ultimate

example of living a life full of faith. Christ, the only way to the Father, was sent to us so we might believe again in His promise of salvation.

#### MONDAY

##### A decision to be with us

**Colossians 1:19-20** For it was by God's own decision that Son has in himself the full nature of God. *Through the Son, then, God decided to bring the whole universe back to himself.*

To love entails a decision. Love is a decision that our God made out of His desire to bring us back to Him. Christ's coming is to show us that God is not far from us. How great is God's love for all of us for Him to generously give all of Himself to make us His own children!

How is my friendship with God?  
Have I encountered Him in prayer and in my everyday life?

#### TUESDAY

##### God's Life Within Us

**Genesis 2:7** *Then the Lord God took some soil from the ground and formed a man out of it; he breathed life-giving breath into*

*his nostrils and the man began to live.*

**Genesis 1:26-27** *Then God said, "And now we will make human beings; they will be like us and resemble us. They will have power over the fish, the birds, and all animals, domestic and wild, large and small." So God created human beings, making them to be like himself. He created them male and female.*

He breathe unto us His own Spirit in order for us to inherit his very own self and have life to the full. It is by the spirit that we are able to use reason and intellect to live a life capable of love and compassion. He formed and impressed in us His own image out from the dust of nothingness because of His desire to win us back and call us His children.

How am I as a steward of my own life, and the lives of those that God has entrusted to me?

#### WEDNESDAY

##### Christ Sent For Us

**Hebrews 1:1-3** *In the past God spoke to our ancestors many times and in many ways through the prophets, but in these last*

days he has spoken to us through his Son. He is the one through whom God created the universe, the one whom God has chosen to possess all things at the end. He reflects the brightness of God's glory and is the exact likeness of God's own being, sustaining the universe with his powerful word. After achieving forgiveness for the sins of all human beings, he sat down in heaven at the right side of God, the Supreme Power.

In the history of our salvation, the infidelity of man did not stop God from getting ever closer to His people. He was not contented to be represented by the prophets alone but He chose to send His only begotten Son in the person of Jesus Christ in order to show the way of salvation through His deeds and words. It is with great love that God renews His covenant to the world and to redeem us from our sinfulness. Through the incarnation of Jesus, he brought our humanity to experience the fullness of life we are meant to live. Change is not easy, yet Christ's love sealed in our hearts is a proof enough that we are His own, free people.

What are the things in my life that I need to be touched by God?

Who are the concrete people facing a certain reality now that I can offer to God in prayer?

#### THURSDAY Salvation Through Love

**John 3:16** For God loved the world so much that he gave his only Son, so that everyone who believes in him may not die but have eternal life.

“For the Lord touched all parts of creation, and freed and undeceived them all from every deceit.” — St. Athanasius, On the Incarnation

God Our Father, out of his great love for us, gave His only Son, so that through his humanity we, too may discover and experience the fullness of His love and mercy in our life. To believe is a daily exercise of professing, trusting and loving our God who first loved us.

Do I believe and respond out of love in the different realities I face every day? How firm am I in professing God's love in my life and that of others?

#### FRIDAY Living Among Us

**John 1:14** The Word became a human being and, full of grace and truth, lived among us. We saw his glory, the glory which he received as the Father's only Son.

Often, we have doubts and we need to see to believe. Out of love, God made known to the world His word through the incarnation of Christ. In the glory of His presence, even in the fragility of his humanity, we come to know and believe that we are saved.

Who are the concrete people in my life who hunger for God's presence and love? In what way can I help them discover the gift of faith and trust in God's love?

#### SATURDAY Daily Source of Joy

**Proverbs 8:30-31** I was beside him like an architect, I was his daily source of joy, always happy in his presence— happy with the world and pleased with the human race.

**Lk 1:46** Mary said, “My heart praises the Lord; my soul is glad because of God, my Saviour, for he has remembered me, his lowly servant! From now on all people will call me happy, because of the great things the Mighty God has done for me...”

Lord, what a great thing you have done for us, to save us! Grant that we may live life constantly with you. Mother, continue to accompany us to experience the same joy that you had in living with Him. Jesus increase my faith in your love for my life and others.

Do I recognize Jesus' presence and love throughout my daily life?

#### 2<sup>nd</sup> Sunday of Advent

1st Reading: Is 11:1-10

Resp Ps 72:1-17

2<sup>nd</sup> Reading Rom 15:4-9

Gospel Mt 3:1-12

