

4th Sunday of Advent (Year C)



Luke 1:39-45

'Why is this granted to me that the mother of my Lord should come to me?'

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 fulfilment of what was spoken to her from the Lord.'

Reflection

This week is a time to think about the brave choice that Mary made when she said 'yes' to God's invitation, to be the mother of Jesus, the Son of God.

Elizabeth's exclamation; "Blessed are you among women, and blessed is the fruit of your womb", reminds us of the greeting Mary received from the Angel Gabriel.

Why was Elizabeth filled with the Holy Spirit?

Think about the words of the Hail Mary.

What do they tell us about the person of Mary?

How often have you said 'yes' to God?

Materials needed

- Strips of coloured paper
- Pens
- Stapler or tape



Activity

- Read the scripture together.
- Briefly discuss how Elizabeth and Mary's meeting was filled with joy and gratitude for God's blessings.
- Ask participants to think quietly about one blessing in their life that they are grateful for, similar to how Elizabeth felt blessed to receive Mary's visit.
- Pass out strips of paper to each participant.
- On their strip, each participant should write one blessing they feel grateful for (e.g. family, friendship, good health, faith, or something meaningful to them).
- As they finish, connect the strips into a paper chain by looping each strip through the last, and stapling or taping them together.
- Display the chain as a visual reminder of shared gratitude and blessings, just as Mary and Elizabeth shared joy and faith together.
- Your room is now ready for Christmas celebrations.

Call to Action

- Could you gift your chains to the church or a local space that might need decorating this Christmas?

