

25th March

Daily Prayer and Reflections

As it is the Feast of the Annunciation, today we reflect on the Yes that Mary said when she accepted to give Birth to the Baby Jesus and the trust in God to have that openness to accepting God in to this moment.

Pope Francis acknowledges the significance of Mary's Yes by saying

"Mary first conceived Jesus in faith and then in the flesh, when she said "yes" to the message God gave her through the angel. What does this mean? It means that God did not want to become man by bypassing our freedom; he wanted to pass through Mary's free assent, through her "yes." He asked her: "Are you prepared to do this?" And she replied: "Yes."

But what took place most singularly in the Virgin Mary also takes place within us, spiritually, when we receive the word of God with a good and sincere heart and put it into practice. It is as if God takes flesh within us; he comes to dwell in us, for he dwells in all who love him and keep his word. It is not easy to understand this, but really, it is easy to feel it in our heart."

Today's Prayer:

Lord,

I am unsure of the plans you have for me today. But I do know that You are my Rock and my Fortress. You are my Shield and my Strong Tower. I pray for strength to rely on you throughout the day. Help me walk by Your truth and not my feelings. Help me to embrace anything that comes my way as an opportunity to see You at work and as an opportunity to point others to You! Even if I fail today and fall short, you pick me back up and guide me.

Amen

On the @BC_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.

In today's Gospel we hear of the annunciation and the joy of faith that Mary had to say Yes to God with an open heart.

'I am the handmaid of the Lord'

"The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a virgin?' 'The Holy Spirit will come upon you' the angel answered 'and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is

impossible to God.' 'I am the handmaid of the Lord,' said Mary 'let what you have said be done to me.' And the angel left her."

In today's gospel reading, we read the verse "I am the handmaid of the Lord" which is this half terms scripture verse for the year of the God who Speaks. This really encourages us to listen to the word of God with an open mind and to trust in His plan for each of us. Mary knew that accepting giving birth to Jesus would come with its repercussions as she was betrothed to Joseph but said Yes anyway. In our life, we may be caught up in the day to day business to take that opportunity to listen to God's Voice speaking in to our life but I challenge you to take 5 minutes to sit with no distractions and take a time of prayer.

Prayer:

On the Feast of the Annunciation it only seems fitting to pray the 1st Joyful Mystery, The annunciation

Start of this time of Prayer with the sign of the Cross

The Annunciation of our Lord

Whilst we say this decade of the rosary we meditate on today's gospel and pray for an openness and humility to accept God in to our life no matter how big or small.

Say one Our Father

Our Father, who art in heaven

Hallowed be thy name

Thy Kingdom come

Thy will be done on earth as it is in heaven

Give us this day our daily bread

Forgive us our trespasses as we forgive those who trespass against us
lead us not in to temptation and deliver us from evil.

Amen

Ten Hail Marys

Hail Mary, full of grace.

the Lord is with thee.

Blessed art thou among women,
and blessed is the fruit of thy womb,

Jesus.

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

One Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Oh My Jesus

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

We end this time of prayer with the sign of the Cross

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRlwW8>