

A Pregnancy Journey Through Advent with Mary

First Reflection

IN THE SIXTH MONTH, THE ANGEL GABRIEL WAS SENT FROM GOD TO A TOWN OF GALILEE CALLED NAZARETH, TO A VIRGIN BETROTHED TO A MAN NAMED JOSEPH, OF THE HOUSE OF DAVID, AND THE VIRGIN'S NAME WAS MARY. AND COMING TO HER, HE SAID, "HAIL, FAVORED ONE! THE LORD IS WITH YOU." BUT SHE WAS GREATLY TROUBLED AT WHAT WAS SAID AND PONDERED WHAT SORT OF GREETING THIS MIGHT BE. THEN THE ANGEL SAID TO HER, "DO NOT BE AFRAID, MARY, FOR YOU HAVE FOUND FAVOR WITH GOD. -- LUKE 1:26

Though Mary was "greatly troubled" at the greeting from the angel Gabriel, we may feel greatly troubled upon learning of the life growing inside of us. Will we be good parents? Will the baby be healthy? Will I? These are only some of the anxieties that newly pregnant women may face. But in these moments we must keep the angel Gabriel's words in mind: do not be afraid. God has given us this honor, and He will see us through it. Reflect upon how you first felt when you found out you were pregnant, and how Mary must have felt.

Second Reflection

THE MIGHTY ONE HAS DONE GREAT THINGS FOR ME, AND HOLY IS HIS NAME. -- LUKE 1:49

To be the one chosen to bring this specific life into the world, to be responsible for this precious soul, is a great honor bestowed upon us by God. He has truly done great things for us. Reflect upon your gratitude for this gift from the Lord, giving Him thanks. Just as Mary was specifically chosen to be the mother of Jesus, we have been specifically chosen to be the mothers of our children.

Third Reflection

SHE WRAPPED HIM IN SWADDLING CLOTHES AND LAID HIM IN A MANGER, BECAUSE THERE WAS NO ROOM FOR THEM IN THE INN. -- LUKE 2:7

Despite our greatest intentions and despite our well-thought out birth plans; our pregnancies, labors, and deliveries may not always go the way we had hoped. Still, just as God provided a safe space for the Holy Family in the stable when the inn was full, He will provide for us. We are in His care. Reflect upon the security of knowing that God is in control, that nothing happens that has not been seen by Him.

Fourth Reflection

AND YOU YOURSELF A SWORD WILL PIERCE. -- LUKE 2:35

Though motherhood is filled with some of the greatest joys we will ever experience, it is not without its hardships. We cannot always protect our children from this world, and at times may see them suffer and struggle. Even Mary was not spared from this. Let us ask Mary for help in these difficult moments.

Fifth Reflection

THE CHILD GREW AND BECAME STRONG, FILLED WITH WISDOM; AND THE FAVOR OF GOD WAS UPON HIM. -- LUKE 2:40

Lord, we pray for healthy, strong children. Fill them with your love, and let us teach them how to grow in wisdom and love for You.