

Mary pondered all these things in her heart. St. Luke concludes his Christmas Gospel with these words, Mary pondered all these things in her heart. Mary the mother of Jesus had been on a roller coaster ride. There was the angel Gabriel who came to her, this teen-age girl in her home in Nazareth, her pregnancy, the birth of her son Jesus, the shepherds and angels, the wise men, the circumcision and the flight into Egypt. She settled down and pondered all these things in her heart. It was then that her heart was filled with amazement and joy.

We too are invited by the Holy spirit to ponder all these things in our heart. I have found in my own life that when my faith stays in my head it doesn't really move me. But when I move to my heart, when I pray, my faith comes alive.

Living faithfully like Mary is a journey of the heart. It involves listening to the invitations of, the prompting of the Holy Spirit within us. It involves being aware of the movement of the Holy Spirit in your heart, being aware of what the Spirit is drawing us to, drawing you to.

As you begin your prayer be aware of your heart, center your attention in your heart, ask the Spirit to guide you and just listen, as the mother of Jesus pondered in her heart. It's often helpful to read from scripture, especially from the Gospel or Epistle as you begin and then ponder, rest. The Spirit of God will draw you, inspire you.

Many of the prayers you already say, the rosary, morning and night prayers can be prayed in this way.

Mary pondered all these things in her heart, so you too can ponder them in your heart.