



MONDAY

Here I am, Lord



A Reading from the Gospel of Luke (Luke 1:35-38)

The angel Gabriel said to Mary, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son, for nothing will be impossible with God.'

Then Mary said,

*'Here am I, the servant of the Lord;
let it be with me according to your word.'*

Do not be afraid of what God asks of you! It is worth saying 'yes' to God. In him we find joy!

*Pope Francis - July 2013 - Speaking to World
Youth Day Volunteers in Rio, Brazil*



"Do not be afraid" is said in the Bible around 365 times -
enough for every day of the year!

Why do you think God wants us to hear this message so
often?



Loving God,

When I see someone I can help, help me to say "here I am"

*When I see some way I can bring joy and love to others,
help me to say "yes!"*

*And if I am afraid, help me to remember that you are
always with me,
Amen*



Today, say YES to FIVE good things!

Maybe it's helping with the washing up at home, giving
out books at school, or sharing with others.

Just like Mary, God can transform our simple 'YES' to make
amazing things happen...



TUESDAY

Mary arose and
went with haste



A Reading from the Gospel of Luke (Luke 1:39-41)

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the baby leapt in her womb and Elizabeth was filled with the Holy Spirit.

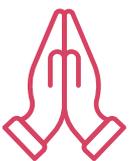
She arises and sets out, for she is certain that God's plan is the best plan for her life.

Pope Francis' message for World Youth Day 2022



Pope Francis asks us: "What leads you to feel a need to get up and go?"

Chat in pairs: What good - or bad - things have you seen that make you want to make haste like Mary did, to share a message or make a change in the world?



Creator God,

After the angel's visit, Mary could have focused on herself and her own worries and fears, but instead her thoughts turned to her elderly cousin, Elizabeth.

Help me to see who in my life I could reach out to today. Help me to put others before myself, just as Jesus taught us. Amen.



Pope Francis encourages young people to "bridge distances between generations". Think of someone in your life, maybe a grandparent or relative you haven't spoken to in a long time, or an elderly neighbour or friend. Ask them something about their life or faith, get to know something new about them today!



WEDNESDAY

Blessed is she
who believed!



A Reading from the Gospel of Luke (Luke 1:40 - 42)

Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry,

"Blessed are you among women,
and blessed is the fruit of your womb!"

Because Mary BELIEVED, she LOVED

*Pope Francis - Homily on the Feast of Our
Lady of Guadalupe, 2016*



Do you know any different titles for Mary, or different images of her from around the world? Discuss and share together, or look up how Mary is celebrated around the world.



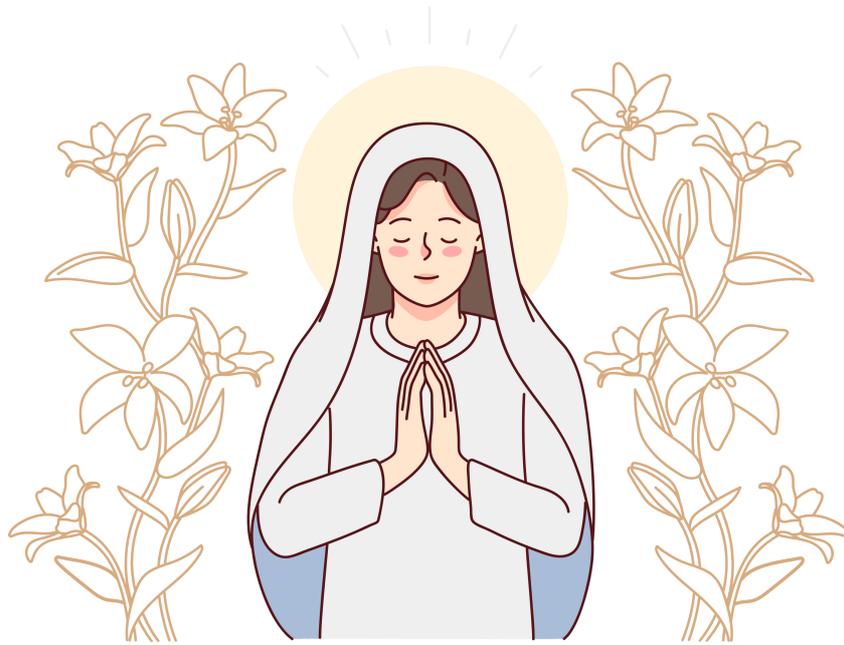
Loving Jesus,

Pope Francis says, "For Jesus, it was not enough to glimpse us from afar; he wanted to be with us and to share his life with us."

*Thank you Jesus, for being our friend and our brother.
Thank you for allowing us to share in the loving grace of
your Mother too,
Amen.*



You might recognise the words that Elizabeth says from the "Hail Mary" prayer. Can you find where the other lines of the Hail Mary are from?



THURSDAY

Mary's song of praise



A Reading from the Gospel of Luke (Luke 1:46 -55)

And Mary said,

"My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has looked with favour on the lowliness of his servant.
Surely, from now on all generations will call me blessed;
for the Mighty One has done great things for me,
and holy is his name!"

May the Holy Spirit kindle in your hearts a desire to “arise” and the joy of journeying together

Pope Francis – World Youth Day Message 2022



Today we read Mary's song of praise! What do YOU like to do when you are overjoyed?

What song might YOU like to sing or listen to as a way to express your joy?



Loving and all powerful God,

We pray for all those in our world who are struggling to experience joy today, anyone feeling anxious, pain or loneliness. May we strive to build a better world, where all people can live in peace and joy.

Amen



Take note of FIVE things that you see today which you are GRATEFUL for. Make an extra effort to say thank you for something you often take for granted.



FRIDAY

Christ is alive!



*A Reading from the Gospel of Matthew
(Matthew 28:5-10)*

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me."

Mary's focus is always directed outwards. She is the woman of Easter... going forth from herself towards God and others...

Pope Francis - World Youth Day Message 2022



"After the Angel visits Mary, she sets out immediately to bring the news to others, to bear witness to the joy of this encounter. This too is what caused the haste of the first disciples following the resurrection." - Pope Francis

Why are Christmas and Easter such important times for Christians? How do you celebrate and why?



Loving God,

You love me and want the best for me. Whenever I feel things are holding me back, help me to have courage and believe in myself so that I can step forwards. Help me to follow you so that I can bring joy, light and love to others.

Amen.



What good news story can YOU can share with others? Maybe something good has happened to you this week, or you have read or heard about something good in the news or on the TV.