



A Mini Retreat for Yourself or in a Group ▪ 45 minutes Designed for Women in Ministry

Leader: Welcome to this mini spiritual prayer retreat designed exclusively for women in ministry. As we journey through Advent, we invite Mary, the mother of Jesus, to be our guide. Her faith, courage, and devotion offer profound lessons as we prepare our hearts for the celebration of Christ's birth.

Opening Prayer

All: Loving Lord, we come together with open hearts, as we, women of ministry, prepare for the sacred season of Advent. In this time of waiting and anticipation, we seek to deepen our relationship with You through the example of Mary, the Mother of Your Son.

We thank You for the gift of Your Son, Jesus Christ, and for Mary, whose faithfulness and trust in Your divine plan inspire us. As we journey with her during this retreat, may we learn from her courage, humility, and unwavering devotion.

Guide us, O Lord, during these days of reflection and prayer. Help us to quiet our minds and open our hearts to Your presence. May this retreat be a time of renewal and a deepening of our faith. Grant us the grace to prepare ourselves for the coming of Your Son with the same joy and readiness that Mary showed. We ask this through Christ, our Lord. Amen.

Embracing the Call

Within Your Group — Meditate, Read, Share and Pray:

- **Meditate:** Meditate on Mary's acceptance of God's call and consider your own ministry journey.
- **Read:** Luke 1:26-38 (The Annunciation)
- **Share:** Mary's faith and trust provided her the courage to say "Yes" to God. How does her response inspire your service in ministry at your initial "Yes," and now?
- **Pray:** Together, with each person contributing, ask for grace to embrace your calling with Mary's courage and trust.

Walking in Mary's Faith

Read, Meditate, Share, Write and Pray:

- **Scripture Reading:** Luke 1:39-45 (Mary Visits Elizabeth)
- **Meditate as you...**
 - Explore the theme of faith in Mary's life and apply it to your own spiritual walk.
 - Reflect on the importance of community and support in your ministry.
- **Share:** Consider the joy and affirmation Mary received from Elizabeth.
 - What do you see?
 - How did she feel?
- **Activity:** Use the last page's lined paper to write a brief encouraging note to a woman in ministry and don't forget to give or send it to her.
- **Prayer:** Together, with each person contributing, remembering Mary's visit with Elizabeth, pray for steadfast faith, strength in your ministry and supportive relationships.

Magnifying the Lord, As Mary Did

Read, Meditate, Share and Pray:

- **Read:** Luke 1:46-55 (The Magnificat) — And Mary said: "My soul glorifies the Lord and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant.

From now on all generations will call me blessed, for the Mighty One has done great things for me— holy is his name. His mercy extends to those who fear him, from generation to generation. He has performed mighty deeds with his arm; he has scattered those who are proud in their inmost thoughts. He has brought down rulers from their thrones but has lifted up the humble. He has filled the hungry with good things but has sent the rich away empty. He has helped his servant Israel, remembering to be merciful to Abraham and his descendants forever, just as he promised our ancestors.”

- **Meditate:** Learning from Mary's example of praise and gratitude, meditate on Mary's song of praise.
- **Share:** Please share some of the blessings that you have experienced during your ministry.
- **Prayer:** Together, with each person contributing, offer a prayer of thanksgiving, echoing the sentiments of the Magnificat.

Embracing the Mystery

Read, Meditate, Share, and Prayer:

- **Read:** Luke 2:1-20 (The Birth of Jesus and the Shepherds)
- **Meditate:** Meditate on the mystery of Christ's birth and Mary's role in salvation history. Then, focus on a nativity scene and imagine Mary and Jesus, lovingly gazing onto their newborn, Jesus.
- **Share:** Considering the humble circumstances of Christ's birth and Mary's role as the first to welcome the Savior, share how this mystery shapes your understanding of “ministry”?
- **Prayer:** Together, with each person contributing, ask for the grace to recognize and embrace the mystery of God's work in your life.

A Heart Full of Grace

Within Your Group — Read, Meditate, Share and Prayer:

- **Read:** John 2:1-12 (The Wedding at Cana)
- **Meditate:** Meditate on Mary's intercession at Cana and her trust in Jesus.
- **Share:** How can you cultivate a heart full of grace in your ministry?
- **Prayer:** Together, pray the “Hail Mary” and with each person contributing, conclude with a communal prayer, asking for Mary's intercession in your journey through Advent and a commitment to continue growing in faith and service.

Leader: As we draw this retreat to a close, may Mary's example inspire and guide us through Advent and in our ministries. May we always remember her unwavering faith, profound humility, and boundless love. May this retreat deepen our connection with God and renew our spirit as we continue to serve with grace and dedication.

All: Amen.

Home Activity

After you return home, create a gratitude journal highlighting moments of divine presence and guidance in your ministry.

Perhaps you can set aside time, by marking it on your calendar, as a reminder to create this important journal.



