主与我们同在

弥撒圣祭的第一句话就是“愿天父的慈爱，基督的恩宠，圣神的恩赐常与你们同在！”在祝福礼中，第一句话也常说“愿主与你们同在”。“愿主与我们同在”也是我们做神操、祈祷的最终目的。因为有主与我们同在，人生路上才不怕凶险。就如圣咏上所说的，“縱使我應走過陰森的幽谷，我不怕凶險，因你與我同在。你的牧杖和短棒，是我的安慰舒暢。”（咏23：4）有主与我们同在，我们才能回到创造之初本有的模样—天主的肖像。有主与我们同在，我们才能完成人受造的目的，赞美、崇敬、侍奉天主，才能明白我们是世界上一切事物的主人，善用世间之物，管理好这个世界，拯救自己的灵魂。

这周让我们通过默想、默观耶稣降孕到诞生的圣经故事，祈求耶稣走进我们的生命。因为，透过几天周的默想、默观，因着悔改、皈依，走过心灵枯竭之地，我们将迎来主耶稣的降临。

第四周：厄玛奴尔—耶稣降生（体验耶稣与我们同在的经验与感受）

1. 玛1：18-25 （上主的天使梦中启示若瑟）
2. 路1：26-38 （圣母领报）
3. 路1：57-66 （若翰诞生）
4. 路2：1-20 （耶稣诞生）
5. 玛2：1-12 （贤士来朝）
6. 路2：21-35 （献耶稣于圣殿）
7. 咏23：1-6 （上主是我的牧者，我是在一无所缺）

The Lord be with us

“The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.” This is the first sentence of the mass after making the Sign of the Cross. “The Lord be with you” is the first sentence when priests bless everything. “The Lord be with us” is the ultimate goal of our spiritual exercises and prayers. Because when the Lord be with us, we are not afraid of danger in our life journey. Such as the Psalms said, "Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage.” (Ps 23: 4) we may return to the beginning point of God creation which is the image of God when the Lord be with us. We may fulfill the purpose of human being which is praise, reverence and serve God when the Lord be with us, and understand that we are the masters of everything in the world, we may use of the things of the world worthily and well, and manage the world well, and save our souls.

This week, let us pray for Jesus to come into our lives through meditation and contemplation of the biblical story of Jesus from Annunciation to the Nativity, because, we meditated and contemplated several weeks, and we walked throughout the dark valley through the repentance, we will meet Jesus our Lord.

Week 4: Emmanuel—the Nativity of the Lord (Experiencing and feeling of Jesus being with us)

The First Day, Matt 1:18-25 (The Angel inspired Joseph in his dream)

The Second Day, Luke 1:26-38 (The Announcement of the Birth of Jesus)

The Third Day, Luke 1:57-66 (The Birth of John)

The Fourth Day, Luke 2: 1-20 (The Birth of Jesus)

The Fifth Day, Matt 2: 1-12 (The Visit of the Magi)

The Sixth Day, Luke 2:21-35 (The Circumcision and Naming of Jesus, The Presentation in the Temple)

The Seventh Day, Psalm 23:1-6 (The Lord, Shepherd and Host)