Name:

Advent with Mary: awaiting the birth of **Jesus Christ**



More Youth · November 19, 2026

1 Mary faces the unknown : The Annunciation

Trust *Luke 1:26–38*

If you were there, what would you ask or say to Mary or someone else in the scene?

What is one thing you're unsure about right now? What could you say to God as you place it in His hands?

Can I trust God even when I don't understand *what He is doing in my life?*

2 Mary Visits Her Relative, Saint Elizabeth

Charity *Luke 1:39–45*

A moment with Mary

It is a deeplyhuman scene: a pregnant woman sets out on a journey to be close to another pregnant woman. Mary has reason to focus on her own situation. Yet she goes to visit her relative. The Gospel does not tell us how much she suffered on the journey, but it does show us that she did not turn inward.

Imagine you're there when Mary greets Elizabeth. What would you ask or say to either of them?

Who might need your company this week? How could you be there for them, even with worries of your own?

Am I so caught up in my own difficulties
that I've stopped seeing what others need?

3 Mary discovers the joy of the promise

Joy *Luke 1:46–55*

A moment with Mary

Mary's joy does notdepend on everything in her life being easy. It comes from recognizing what God is doing.

Imagine hearing Mary praise God. What would you ask or say to her as you listen?

What are three things God is doing in you that you can thank Him for, even during a difficult week?

Can I recognize God's presence *in the midst of my worries?*

4 Mary draws closer to giving birth

Trustful surrender *Luke 2:1–7*

A moment with Mary

As birth nears, a mother feels vulnerable. She needs protection, worries about her baby and wants a good place to give birth. Mary and Joseph found no room and laid the Christ Child in a manger.

See CCC 525 on the poverty and humility of Jesus' birth.

Imagine you're beside Mary or Joseph in the passage you chose. What would you ask or say?

Think of something that didn't go as you hoped. What is one way you could respond with patience and trust God today?

Am I willing to welcome Christ even when *his will does not align with my plans?*

But what is an **act of trust** *in God's providence?*

An act of trust means choosing to believe that God is with us, even when things don't go as planned or we don't know what will happen next.

Making the Sign of the Cross is an *outward* gesture. **It becomes an act of trust when we do it with faith**, consciously placing our worries in God's hands.

Five ways to live that trust

1 Before something difficult

Make the Sign of the Cross. Pray, **"Lord, I trust in you. Be with me**."

2 When you have a decision to make

Ask God for wisdom to do what is right. Pray, **"God, it's in your hands.**"

3 When a worry keeps coming back

Once you've done what you can, **entrust the worry to God**

4 When your plans change

Pause before you complain. **Ask God** to help you respond with patience.

5 When you feel afraid or uncertain

Pray the Our Father *slowly*. When you say "Thy will be done," think of the situation you want to place in God's hands.

You know better than I

JohnBucchino · *Joseph: King of Dreams (2000)*

I thought I did what's right.

I thought I had the answers.

IthoughtIchosethesurestroad,

But that road brought me here.

So I put up a fight,

And told You how to help me.

Now,justwhenIhavegivenup,

The truth is coming clear.

You know better than I,

You know the way.

I'veletgotheneedtoknowwhy,

For **You** know better than I.

If this has been a test,

I cannot see the reason.

ButmaybeknowingIdon'tknow

Is part of getting through.

I try to do what's best,

And faith has made it easy,

To see the best thing I can do

is put my trust in You.

For **You** know better than I,

You know the way.

I've let go the need to know why,

For You know better than I.

Isaw one cloud

And thought it was the sky.

Isaw a bird

And thought that I could follow.

But it was You

Who taught that bird to fly.

If I let You reach me,

Will You teach me?

For You know better than I,

You know the way.

I've **letgotheneedtoknow why.**

I'll take what answers **You** supply. . .

You know better than I.

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