

Solemnity of the Nativity of the Lord

Isaiah 52:7-10

Psalm 98:1, 2-3, 3-4, 5-6

December 25, 2011

Hebrews 1:1-6

REFLECTION

John 1:1-18 or 1:1-5, 9-14



Sing all day today! Hum in the shower. Serenade a sibling or parent before breakfast. Sing along with the Christmas carols on the radio. Belt out the hymns at Christmas Mass. Instead of saying grace before Christmas dinner, why not sing it? Today is a day for song!

The true gift of Christmas today comes in the form of a tiny, helpless baby. Mary and Joseph were on the move, and because there were no rooms available, Mary gave birth to Jesus in a barn. Rather than putting him into a clean, white hospital bed when he was born, she wrapped him in a piece of cloth and had to put him into the trough the animals were eating from. Can you imagine how dirty and scary that would have been? Then animals and weary travelers started showing up because they followed that glittering star. Their hearts rejoiced, they sang, and their heads bowed in awe at this gift of life. Surely they couldn't hold themselves back from singing their praises, so what's holding you back today? Sing to the Lord a new song!

ACTION

This week, sing every chance you get. Saint Augustine once said that singing is praying twice. You could double your praying time just by belting out "Joy to the World" when the moment strikes. As we move into the Christmas season, relish the music you hear. If you play an instrument, transcend yourself into the world of sharps and flats to bring your soul closer to God. This feeling connects us to the joy the first family and their visitors felt in the barn on that most holy day.

JOURNALING QUESTIONS

-  What's my favorite song? Why do I like it so much?
-  When I imagine Jesus as a baby, what prayer comes up in me?

