

## Reflection and Table Questions – First Week of Advent

### Focus Meditation:

Imagine you are at the birth of Jesus. What do you see, hear, and smell? Who is there? What is each person feeling? Ask Mary to let you hold baby Jesus. What do you feel? What do you say to him? Now imagine that Jesus is at your birth and asks your mother if he may hold you. What does he say to you? How do his words make you feel? What is it like being held by him?

### Insights:

### Table Questions:

What are your earliest memories of Jesus?

When were there times in your life when constriction or limitation called forth a deeper love in you?