

- medicación

Sin, our nature demanded to be healed; fallen, to be raised up; dead, to rise again. We had lost the possession of the good; it was necessary for it to be given back to us. Closed in the darkness, it was necessary to bring us the light; captives, we awaited a Savior; prisoners, help; slaves, a liberator.

Are these things minor or insignificant? Did they not move God to descend to human nature and visit it, since humanity was in so miserable and unhappy a state? I Gregory of Nyssa

## - reflection

In the state that we are in from birth, we find ourselves utterly helpless. We cannot feed or clean or care for ourselves in the least bit, but are completely dependent on another to do those things for us. And this is what Gregory points out that our spiritual state is in as well. In the darkness and unable to find the light without the Light coming to us. God shows us His character in the Incarnation because He ultimately takes pity on humanity by descending to us while we are helpless. Take a few moments to praise God for His compassion on us, and for initiating such a great salvation!

## - hymn of praise

Savior of the nations, come, Virgin's Son, make here thy home! Marvel now, O heaven and earth, that the Lord chose such a birth.

Not of flesh and blood the Son, offspring of the Holy One; born of Mary ever blest, God in flesh is manifest.

Wondrous birth! O wondrous Child of the Virgin undefiled!
Though by all the world disowned, still to be in heaven enthroned.

From the Father forth he came and returneth to the same, captive leading death and hell, high the song of triumph swell!

Thou, the Father's only Son,
hast over sin the victory won.
Boundless shall thy kingdom be;
when shall we its glories see?
Praise to God the Father sing.
Praise to God the Son, our King.
Praise to God the Spirit be ever and eternally.
I Ambrose