

opusdei.org

Audio Meditation: Christmas, the Birth of our Lord

A meditation (guided prayer) on
the birth of our Lord at
Christmas.

12/27/2022

Jesus Christ, Our Savior, is born for
us. Come, let us adore him. Today the
whole Christian world gathers
around together where the baby
Jesus lies in a manger. May
Christmas be for us an encounter
with the Lord that transforms our

lives, an invitation to contemplate the face of the Infant Jesus. Listen to this meditation by Father Henry Bocala here:

This meditation is part of the podcast "Meditations in Manhattan." You can subscribe to it on Apple Podcasts, Google Podcasts, Spotify, Pocket Casts, YouTube, or wherever you listen to your podcasts.

.....

pdf | document generated
automatically from [https://opusdei.org/
en-nz/article/audio-meditation-
christmas-the-birth-of-our-lord/](https://opusdei.org/en-nz/article/audio-meditation-christmas-the-birth-of-our-lord/)
(01/20/2026)