

One Prayer a Day for Advent

The First Week of Advent

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The First Week of Advent

Sunday

Lord God,
only you can see into my heart and know
that under all the busy-ness of my life,
there is a deep longing
to make this Advent one that welcomes you
more deeply into my own life.

My heart desires the warmth of your love
and my mind searches for your Light
in the midst of the darkness.

Help me to be a peacemaker this Advent
and to give special love to those
who disagree with me.
Give me the strength and courage
to forgive those who have hurt me.
Help me to free my heart
from the prison of my anger and hurt.

The First Week of Advent

Wednesday

Lord of all,
you are a God of plenty, a Lord who provides
for us in our need.
As I begin these early days of Advent
help me to believe that you know what I need.
Give me the courage to listen to your voice
and the freedom
to open my heart to the graces you are
offering me to place my trust in you.

The First Week of Advent

Monday

Loving God,
I sense that all is your creation
and everything, and all of us,
are being drawn back toward your loving heart.

Help me to be a person of peace,
To speak about it in an uneasy world,
And to live it among the people
you have put into my life every day.

Light in me a desire to prepare for your coming
to stand in the darkness, waiting, eager and filled with joy.

The First Week of Advent

Thursday

God of strength and protection,
I turn to you because I need help.
I long to be free enough
to trust that I can lean on you.

But I become afraid.
Help me to trust in you, Lord.
Your strength and power
are a gentle place of protection.

Be a safe refuge when I am being trampled.
I long for your help, your protecting care.
Help to deliver me from the cold
loneliness of these dark nights.

The First Week of Advent

Tuesday

God of forgiveness,
I turn to you in my great weakness
and beg for your help.
Let me feel the joy growing in my heart
as I anticipate your coming.

I hear the message of the prophets of old
and know that the Messiah will bring
new life and new ways of living.

From the humbleness of my life,
help me to grow and bloom
and hear the words
that will change the world.

The First Week of Advent

Friday

Jesus, protector,
I long for your coming.
The promise of new light is there
if only I can believe.

Protect me from dangers
and lead me through the gloom and darkness
to the joy I so long to find in you.

Lift me from my lowly sins
and give me the promise of salvation
with no more shame,
only the light and saving grace of
your love.

Let the ancient dream be fulfilled in you
and peace come to this life and world.

The First Week of Advent
The Solemnity of the Immaculate Conception

Saturday

God of us all,
Thank you for the gift of Mary in my life.
I rely on her to intercede for me with her son,
and to guide me, especially in my family.

Help me to learn the grace of humility,
and give me the courage to say "yes" to you
without always knowing where it will lead.

Release me from the fears that grip me,
the pride and stubbornness
that keep me from you and others.

Let me turn to Mary, so human,
for an example of how I might live my own life
more freely, more loving and more aware of you.

[Praying Advent Home](#)

One Prayer a Day for Advent

The Second Week of Advent

The Second Week of Advent

Sunday

Dear Lord,
Through the darkness, I look for your wisdom.
I want my heart to be open to you.
But sometimes in these days, it seems that
so many things come between us.

Help me to be awake and aware of the radiance you bring to my life.
Help me to be grateful each day for the blessings of family and friends.
Let me be a peacemaker in my own life, and in the world.
Let me pray especially for this difficult world
and those who are so in need of an end to violence.
My heart begs for this as my Advent prayer today.

The Second Week of Advent
in the U.S., Our Lady of Guadalupe

Wednesday

Jesus, I can see your special love of those who are so often invisible in this world.
You sent your mother to give hope to the poor by appearing to Juan Diego.
Open my heart to fill with compassion for those who are hungry and without dignity. Grant me the ability to live simply and to see you in the faces of those around me.
In the darkness of these Advent nights let me be guided by the light of your word. Give me the humility to be led by you and the wisdom to learn from you. I am grateful for the Savior who awaits us,
and eagerly await the time of rejoicing.
Let me look forward in hope
and turn to you with great trust,
knowing you will guide my steps
along the unknown path of this day.

The Second Week of Advent

Monday

God of Strength,
I need your courage.
You offer to make firm the knees that are weak.
Only you know how frightened I so often am.

And you do offer me strength.
There is the promise of your Son's coming and knowing that you will save me.
I can't do this on my own
no matter how often I think I can.

Give me the humility to ask for your help and open heart to accept
your healing and love in my life.

The Second Week of Advent

Thursday

Lord, like a loving parent,
you offer me your comforting hand
and tell me not to be afraid.

Help me to wait for your coming with
patience
and to listen to what you ask of me.

I want so much to be one of "your people"
and to live my life in you.

Thank you for the way you bless my life.
Thank you for listening to my prayers
and for planting deep in my heart
the knowledge that with you,
nothing is impossible.

The Second Week of Advent

Tuesday

Almighty God,
I hear it over and over: you are coming to me.

I feel my heart stir in anticipation,
and I sense that you are inviting me
to enter more deeply
into the mystery of your birth.

Help me to feel renewed patience
settle in my heart,
and to lift my face in joy.

I have been like a lost lamb,
but I hear your voice calling me
and I feel how deeply you want me to return.
Somehow I know that you rejoice in
my desire to find you.

Help me not to be afraid to say out
loud, to believe:
Here is God, coming into my life.

The Second Week of Advent

Friday

Jesus,
in the darkness of these Advent nights

let me be guided by the light of your
word.
Give me the humility to be led by you
and the wisdom to learn from you.

I feel your light in my life
and in the world.
I am grateful for the Savior who
awaits us,
and eagerly await the time of
rejoicing.
Let me look forward in hope
and turn to you with great trust,
knowing you will guide my steps
along the unknown path of this day.

The Second Week of Advent

Saturday

Jesus,
in the darkness of these Advent nights
let me be guided by the light of your word.
Give me the humility to be led by you
and the wisdom to learn from you.

I feel your light in my life
and in the world.
I am grateful for the Savior who awaits us,
and eagerly await the time of rejoicing.
Let me look forward in hope
and turn to you with great trust,
knowing you will guide my steps
along the unknown path of this day.

One Prayer a Day for Advent

The Third Week of Advent

The Third Week of Advent

Sunday

I lift my heart up to you, Lord,
to thank you for the blessings
you shower on me each day.

You are the 'joy of my soul.'
I know that in your great love,
I am held and protected by you.

I pray and listen to the good news you
send;
I ask and feel the healing.
I am freed by you
from the things in this world
that let me hide from you.

I rejoice, I rejoice, down to my soul.
Help me to prepare my heart
to be open and able to receive your
immense love.

The Third Week of Advent

Wednesday

Oh, Jesus who descended from Jesse,
you are a sign of God's love.
I feel hopeful and expectant,
filled with a rebirth of joy and love.

I depend you so much.
You are a rock for my belief
and a sign of God's love.

Fill me with your praise!
I want to sing your glory,
filled with joy
for the message of hope you send.

I don't always understand
when you are acting on my behalf.
Thank you for the message of hope you
send me.
Give me true faith and love
as I celebrate the mystery
of how you came to be with us.

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

The Third Week of Advent

Monday

Oh, God of wisdom,
I want to praise you and give you my
life. Like a loving parent,
you bless me.
You have watched over me,
knowing my history
and the path that led me to you.

Thank you for the peace
you promise peace in my life.
I ask that I be always aware
of the strength of your great power.
May it never leave me.
So many people before me
in so many generations,
have served you so humbly,
answering your call.
Please give me the wisdom and courage
to be your humble servant.

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

The Third Week of Advent

Thursday

Oh, Jesus, you hold the key
that will unlock my constricted heart.
It gives me great hope
that Mary said yes to you and your plan.
She was filled with the Spirit
and put aside her own doubts.

I know you are ready to answer my prayers,
ease my doubts and calm my fears.
Sometimes I don't hear your messengers
because they aren't what I expect.
They aren't wearing wings or halos
but are the people standing in front of me.

How many times have I not listened?
How often have I balked at your messages
and your messengers?
Fill me with the light of your Spirit
and enter, in all your glory into my life.
Let me rejoice!

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

The Third Week of Advent

Tuesday

Oh, *Adonai*, dearest Lord,
Compassionate God of justice,
so many areas of my life seem
imprisoned
but you promise me real freedom
and peace in my life.

Renew my spirit and free my soul.
Please, open my heart which you
have bathed in the longing of Advent.

I am awe-struck as your glory fills
the earth and I want to follow you in
caring for other.

Grant me the grace to see how you
shine your light on the poor who have
such a special place in your heart.

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

The Third Week of Advent

Friday

Loving God,
It is growing in my heart:
An awareness and gratitude of your
constant love for me;
Like the sun rising in the East
to warm and comfort my life
and to bring new growth.

Thank you for these weeks of prayer.
In the spirit of the season
my waiting, my patience,
feels sacred.

Bless my heart with generosity
and make me ready to receive you.

Come, Lord Jesus! Come!

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

The Third Week of Advent

Saturday

Oh, King of us all.
I find myself standing before
your strength and splendor
watching, waiting
and filled with total joy.

You have lifted my mind in hope.
Now help me to open my life
to the coming of the Spirit.

I want to be like Mary, your mother.
Her wonderful courage and strength
inspire me to do the same.
She simply said Yes
and the impossible was done.

Thank you for this Advent journey.
The anticipation has filled my life
and made me long for
a closer relationship with you.

My life gets so busy that I forget to focus.
Thank you for guidance.
Thank you for the quiet moments
when I have felt your love.

Nothing will be impossible with God.

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

One Prayer a Day for Advent

The Fourth Week of Advent

The Fourth Week of Advent

Sunday

Oh, Emmanuel,
"God-with-Us,"
You have touched me;
you are God-with-*Me*.

Thank you for these weeks of
prayer.

In the spirit of the season
my waiting, my patience,
feels sacred.

Refine and purify my heart
with the hottest flame of your
love.

Give me the courage of your
prophets
and let me do what is right
even when others don't
understand.

Bless my heart with generosity
and make me ready to receive
you.

Come, Lord Jesus! Come!

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*

The Fourth Week of Advent

Monday - December 24th

Oh, God-With-Us,
For so long you have promised
forgiveness, peace, salvation.
Now in my heart, I am filled with joy
because of your coming.

Thank you for your promises
and for the way I can trust in you.
I feel a new freedom in my life
and a courage I have not known
before.

I know you came to save me and
bring new life
and I am so grateful to you.
Let me show my thankfulness
with my life.
You have brought me through the
darkness
and into the light of your saving
grace.

Guide my feet on the way of peace.

*Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel!*