## One Prayer a Day for Advent

### The First Week of Advent

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Praying Advent Home

Week 2 | Week 3 | Week 4 | Print out a 4 week PDF
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

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.

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.

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.

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.

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.

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.

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

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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
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Let me look forward in hope
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One Prayer a Day for 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.

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!

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.

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!

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!

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!

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 the 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

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!

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!