

Advent Prayer Guide

Week 1

Invitation

Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in!
(Psalm 24:7)

Advent has come – It's time to lift our heads and look to the sky: These days Venus shines brilliantly in the west as the Sun is setting. It's time to open our hearts, to breathe deep, to watch, to listen, to let the light of Christ come in.

Scripture

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, a wind from God swept over the face of the waters. (Genesis 1:1-2)

In the beginning was the Word, and the Word was with God, and the Word was God. ... What has come into being in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. (from John 1)

Prayer

Creative God, breath of all life through whom all things are created and sustained: all daughters and sons, flocks and herds, all birds of the air and fish of the sea. You walked this earth as Child and Creator. You touched the soil, quenched your thirst, embraced this world, brought life and light love and laughter into dark and death-filled lives.

Creative God, breath of all life, through whom all things are created and sustained, blow in through the windows of my heart and refresh my spirit.

Be silent for a few minutes.

Breathe deeply. Amen.

Practice

1. Listen

O Come, O Come, Emmanuel
And ransom captive Israel,
That mourns in lonely exile here,
Until the Son of God appear.
Rejoice! Rejoice!
Emmanuel shall come to thee,
O Israel!

The Robert Shaw Chamber Singers
<https://youtu.be/5fUi2Bt4U3o>

2. Go

Emmanuel means *God With Us*.
Someone is alone this holiday season.
Someone else is ill, or recovering, or
limited in their ability to get around.
Stop in. Say Hello. Be Emmanuel for
them.

Looking for More?

Try this: <http://d365.org>

