

Advent Prayer Guide

Week 3

Invitation

When Israel was under Roman occupation, most people tried just to live their lives, keep their heads down, and avoid attracting the attention of the soldiers. We may not be living under military occupation, but sometimes we find ourselves living in the same way: keeping our heads down and trying not to stir up unnecessary trouble. Sometimes, however, trouble finds us anyway. Such was the case of a young girl living in an out-of-the way village in Israel.

Scripture

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a young girl whose name was Mary. He said, "Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. ... The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God." Then Mary said, "Here I am. I am a servant of the Lord; let this happen to me as you have said."

[You can find the entire story in Luke 1:26-38]

Prayer

Darken the room you are in and be silent for a few minutes.

Light a candle.

Put yourself in Mary's place. How would you react? What if God tapped you on the shoulder and said, "Hey – I need you to do something for me."?

Pray: Into the daily cycle of our lives, when all seems well with us and with the world, When our yoke is easy and our burden light – You break in and scatter our complacency; into the daily cycle of our lives, when we are comfortable and at our ease, when the fire is lit but eyes are closed, you break in and challenge our dependency. You break into our daily prayers, our humble hearts; you lay souls bare. You break in – with an Angel's shout or the quietest sound – you break in, and we change. And all things change when you break in.

[Adapted from a prayer by Jan Luben Hoffman]

Be silent for a few minutes. Breathe deeply. Amen.

Practice

1. Listen

"Mary's Song" by Dawn Van Damm

https://youtu.be/H_j9WpXWlbc

This is a contemporary setting of

Luke 1:46-55.

2. Go

In some circles Mary is referred to by a Greek word, *theotokos*. It means "God-carrier". She literally carried God, inside of her, into this world. You can do that, too. Where is a place or situation in which you could be a God-carrier?

Looking for More?

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

