

Advent Prayer Calendar

Simple ways to pray during Advent



First Sunday

29

Pray in the candlelight of your Advent wreath.

30

Keep yesterday's parish bulletin with you and reflect on an item that touched you.

1

Pray a mantra throughout the day: *Maranatha! Come Lord Jesus!*

2

Give thanks around the dinner table.

3

Pay a visit to a church.

4

Make fasting your prayer today.

6

Journal your prayer in a 'letter to God'.

6

Reflect on the readings before Mass.

7

Today's mantra: *Jesus, forgive me. Jesus, heal me.*

8

Take a line of scripture and 'chew on it' during the day.

9

Take deeper breaths. Breathe in the Spirit of Christ.

10

Pray with your children around the nativity scene in your home.

11

Pray for peace
- in the world
- in your home
- in your heart

12

Silently hold the hand of a loved one.

13

Make a 'pilgrimage'. Walk to Mass today, praying as you go.

14

Receive the Sacrament of Reconciliation.

15

Get up early and pray as you greet the dawn.

16

Allow your child's Christmas drawings to be a focus for your prayer.

17

Pray for the person whose Christmas card you are signing.

18

With your husband or wife, let a moment of intimacy be your prayer.

19

Pray at the grave of a loved one.

20

Rest in the Lord.
Make today truly a day of rest. (No shopping!)

21

Pray the joyful mysteries of the rosary as you travel today.

22

Like Mary, say 'Yes' to welcoming the gift of Christ.

23

Sing a Christmas carol (and mean it!)

25

Gaze upon an icon.
Or: Gaze at the stars and hum 'Star of wonder...'

Fourth Sunday

Third Sunday

Second Sunday

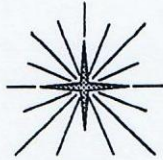
Christmas Day

Joy to the World!
The Lord is Come!

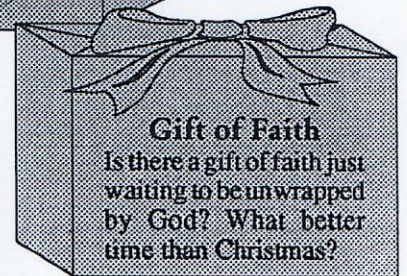
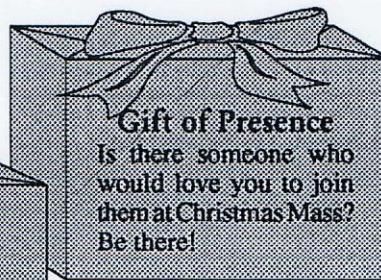
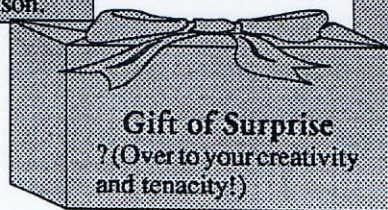
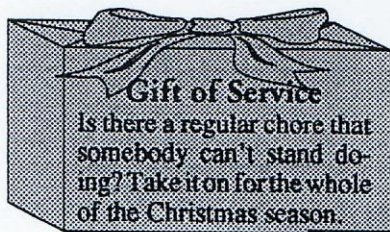
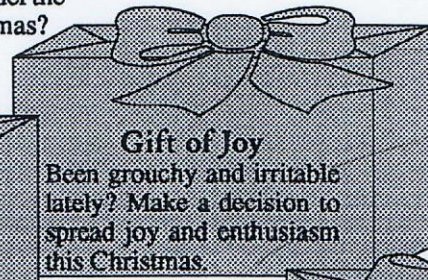
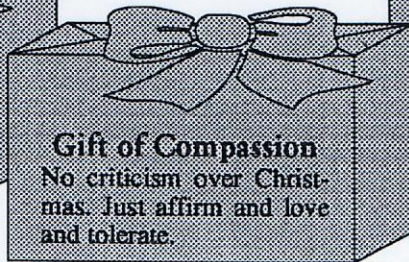
Glory to God in the highest!
Find ways to praise God in your celebrations today.



The Story Source,
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What presents will your loved ones discover under the tree this Christmas? Will they find the treasures of the local department store or the riches of heaven? Gifts that money can purchase or what the heart can give? Here's an idea. Resist becoming embroiled in the frenzied pace of the shopping mecca this year. Use that time well. Time to sit with a child, to hold your spouse, to be with your God. Time to think up your own unique approach to gift-giving. Perhaps gifts that spend your time and presence instead of your money. Gifts that reduce tension and create an atmosphere of peace. Gifts that take a little extra thought for the uniqueness of the receiver; that show you are prepared to put yourself out - even change a well-worn habit! Gifts that show you care: about the world, the environment. Gifts that arise from a heart of love and which plant a seed of faith - no matter how tiny or fragile. Gifts that belong to the scene of a tiny child lying in a manger. Gifts that clothe a poorly-clad shepherd boy or challenge the wisdom of kings. Gifts that bring light to the darkness and point the way to God-among-us. What gift will you place under the tree this Christmas?



Carefully gift-wrap your own unique contribution to the world this Christmas...with love!