

Advent/Christmas Prayer Sheet

Living into Mystery: Awakening Anew

Gathering:

Sit quietly and allow yourself to come to stillness. Breathe in life; breathe out peace. Gaze on the image and words. How do they resonate with you now?



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We can all meet together in spirit at the Crib of our loving Infant
and pray for one another.
I wish you every grace and blessing of this holy time with fondest love.
Mary MacKillop 1881

Listening: Luke 2:10-14

The angel said to them "You have nothing to fear! I come to proclaim good news to you - news of great joy to be shared by the whole people. Today in David's city, a saviour - the Messiah - has been born to you. Let this be a sign for you: you'll find an infant wrapped in a simple cloth, lying in a manger." Suddenly there was a multitude of the heavenly host with the angel, praising God saying, "Glory to God in high heaven! And on earth peace to those on whom God's favour rests."

*'Into our beautiful yet wounded world comes Emmanuel, God-with-us,
No matter how broken or seemingly hopeless our world may sometimes
seem,
The Advent messages are rich with joyous expectation and longing,
Insisting that God can and does bring forth life where none seems possible.'*

(Pope Francis: Living Advent with Joy and Peace)

Breaking Open:

In this time of watching and waiting, how am I being awakened to welcoming Jesus, who is at the heart of this holy season?

Take time to reflect and share with others

Responding:

All: We watch, we wait and we are awakened to the mystery of the life-giving good news revealed in the face of a new born baby.

Response:

God of Bethlehem, be born anew in our hearts

May you bring your deepest desires to birth in us and in our world

May we overcome our fears and take the risks that spiritual growth requires of us

May we continue to be peace and justice in our neighbourhood and country

May we continue to open our hearts to all who need a welcome there

May we care for and nurture the divine life in us and around us through faithfulness to prayer and action

May we work towards the enhancement and preservation of all creation

May we reverence and be in awe, by the way the Divine One enters our lives

Invitation to include other prayers

Living God, we are confident that you desire all creation to experience your loving presence. Hear and respond to our prayers both spoken aloud and held in our hearts. We ask this in the name of Jesus and the Spirit of life.

Amen

Blessing

Whenever we gaze into a crib this Christmas season

May new hope and joy flood our spirit

Whenever we watch babies and young children playing

May a new energy delight our hearts

Whenever we are tantalised by the aroma of a bbq

May we unwind, relax and enjoy time off

Whenever the crush of family and friends overwhelms us

May the hospitality of our hearts expand

Whenever we provide a meal or bed over the holidays

May we experience love and appreciation

Whenever we spy our reflections in the mirror or pool

May we find ourselves to be images of God

Whenever we put our feet up for leisure

May the humble presence of the Incarnate One companion us

Whenever we feel our distance from each other around the world

May the Christ child draw us into unity

Amen



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This prayer sheet was prepared by the Josephite Companions Aotearoa Leadership Team.