



Prepare for the Light
Prayer Prompts and Ideas
for the Season of Advent

Scripture and Prayer Prompts

Week 1: Sunday Readings are Isaiah 63:16B-17, 19B; 64:2-7; Psalm 80:2-3, 15-16, 18-19; 1 Corinthians 1:3-9; Mark 13:33-37

When does your conversion story begin?

How is Jesus asking you to follow Him?

Week 2: Sunday Readings are Isaiah 40:15, 9-11; Psalm 85:9-10-11-12, 13-14; 2 Peter 3:8-14; Mark 1:1-8

What struggle are you having that you'd like God to give you comfort for?

Are there parts of your life you need to change to get ready for Jesus' coming?

Are you like a prophet? In what ways?

Week 3: Sunday Readings are Isaiah 61:1-2a,10-11; Luke 1:46-48, 49-50, 53-54; 1 Thessalonians 5:16-24; John 1:6-8, 19-28

For what has God anointed you?

How can you "pray without ceasing?"

Week 4: Sunday Readings are 2 Samuel 7:1-5, 8b-12, 14a, 16; Psalm 89:2-3, 4-5, 27, 29; Romans 16:25-27; Luke 1:26-38

During your prayer time this week, reflect on what God is asking you to say yes to that is not easy. Give him your yes in love and trust.

Pray the Magnificat, Luke 1: 46-55

Christmas Mass during the day Readings are Isaiah 52:7-10; Psalm 98:1-6; Hebrews 1:1-6; John 1:1-18

Write a prayer of praise and thanks for Jesus' birth.

Ideas for Prayer Time

As you begin each day, ask God how you can prepare today for Jesus' birth. If you are the make a list sort of person, pause before you start to write and ask for wisdom in deciding what goes on the list.

When you have a few minutes of quiet sit and place yourself in God's presence and breathe.

Light a candle when you pray.

Add a few minutes to your prayer time. You may have more to do than usual and an extra bit of prayer will strengthen you.

Ideas

If you have an Advent wreath light it at dinner.

Make plans to go to confession before Christmas.

Choose an evening to rejoice and thank God for the many gifts he has given you. This would be a great way to spend time with your family.

Send a note to someone who brings you joy.

Watch a Christmas movie or go look at Christmas lights.

Make some treats and share them with a neighbor.

Buy gifts or contribute to a family in need for Christmas.

Donate food to the local food pantry.

Read a Christmas book with your family.

For Christmas

Put a white pillar candle in the center of your advent wreath and light it every night at dinner.

Have a birthday cake for Jesus.

Celebrate the Epiphany, when the Three Kings came to visit Jesus.