



CATHOLIC CATHEDRAL PARISH

KO TE KARAITI KEI TE PŪ

Christ in the Centre

ŌTAUHAHI - CHRISTCHURCH

Advent Prayer

"Let it be with me according to your word."

Luke 1:38

Bring all that you are, all that you have, the year that has been, the future that will come, and allow God to shape you this Advent, as only God knows best.

5 Things to help you prepare:

Silence: To allow more space for God to work in your day and your Advent season, you may consider creating a little more silence, enabling you to turn your attention to God. That may mean you consider less tv time in the week, sometimes turning the radio off in the car, less computer or cellphone time in your day/week etc. Take 'waiting' times as an opportunity to engage with God, whether it be in the doctor's waiting room, at the traffic lights, in the car waiting for a friend. Be attentive to times where you can be mindful of God's presence with you throughout your day.

Time: Set aside a time for prayer each day when you are best able to be focused and, in a place where you are unlikely to be interrupted. If you are not used to having this time of prayer, don't set your goals too high. Start with an achievable length of time – maybe 10- 15mins and consider joining Kirsten Challies for prayer using the following link: <https://tinyurl.com/TheCathedralParish> on Mondays through to Fridays. If you are used to having a longer time of prayer each day, you can still join Kirsten, but you might like to pause the clip giving yourself extra time in prayer.

Prayer: When beginning your prayer, you may consider lighting a candle, or making some form of gesture as a means of reminding yourself of God's presence with you and of this time being set apart for God. Take time to still yourself and become mindful of God with you before reading the daily gospel.

Read the Gospel through twice, listening for what strikes you most.

Ponder on that and speak to God about it.

Use the accompanying question for the day if it is helpful.

Notebook: Take a note of how that time of prayer was for you and how it has left you feeling.

Action: Is there anything you would like to do as a result of your prayer?

Gospel Readings of the Day:

Sunday 27th Mtt24:37-44

If God were to take me to heaven tomorrow, am I ready for that? And if not, what do I need to do in order to be ready?

Monday 28th Mt 8:5-11

Is there anything I need to entrust to Jesus' hands and leave with Him? What might stop me from believing Jesus can act? And what might Jesus say to me about that?

Tuesday 29th Lk 10:21-24

How has God revealed himself to me? How has that changed my life? What is my response to God?

Wednesday 30th Mt 4:18-22

How am I responding to God's call on my life? Is there anything in particular I sense God asking of me?

Thursday 1st Mt 7:21,24-27

Am I actively trying to live out my faith? Do my actions generally reflect what I believe? Is there anything that would help me to be a better ambassador for Christ?

Friday 2nd Mt 9:27-31

What request might I make of Jesus today and do I believe he can act?

Saturday 3rd Mt 9:35-10:1,5,6-8

How do I use my gifts to serve Jesus? Is there anything that stops me from serving Jesus? What might Jesus have to say about that?

Sunday 4th Mt 3:1-12

Where is the Holy Spirit producing fruit in my life? Am I open for the Holy Spirit to set me ablaze even more?

Monday 5th Lk 5:17-26

(Imagine yourself in the scene) What strikes me most in that scene? Is there someone I want to bring before Jesus, for him to change their circumstances?

Tuesday 6th Mt 18:12-14

Can I remember a time when I, like the lost sheep, strayed from Jesus? Consider how Jesus had a hand in bringing me back. What's it like to be sought after by Jesus?

Wednesday 7th Mt 11:28-30

Give over to God anything that lies heavy on your heart and spend time resting in God's presence.

Thursday 8th Mt 11:16-19

(Imagine the scene). What do I notice as I consider that scene? What most stands out for me?

Friday 9th Mt 11:16-19

Where might I be critical of others? When I consider the shortcomings of the people of God that I know and journey with, what does that tell me about God?

Saturday 10th Mt 17:10-13

Do I recognize 'Godliness' in others? How do I respond to Jesus calling others to particular tasks, especially tasks I would like to do?

Sunday 11th Mt 11:2-11

(Imagine yourself in the scene) If Jesus were to speak to me in that scene, what might he say? What would it be like for John to hear Jesus' words about him?

Monday 12th Lk 1:26-38

Am I willing to be available to the Lord as He calls me? Do I have Mary's heart that says "May it be done to me according to your word"?

Tuesday 13th Mt 21:28-32

Is my 'yes' to God authentic and sincere and does that show itself in the way I live my life?

Wednesday 14th Lk 7:19-23

Do I consider Jesus as 'the One' or do I look for others to take His place in any area of my life?

Thursday 15th Lk 7:24-30

Might there be any area in my life where I might be thwarting the work God wants to do in me?

Friday 16th Jn 5:33-36

Jesus' light shone through John the Baptist and more perfectly, through Jesus. Do I believe that the divine light can shine through me?

Saturday 17th Mt 1:1-17

When I consider the genealogy of Jesus, what is it like for me to be part of such ancestry of the family of God?

Sunday 18th Mt 1:18-24

Consider Joseph waking from his dream. Am I ready and willing to respond to God when I sense Him speaking to me?

Monday 19th Lk 1:5-25

(Imagine being in the scene) What would it have been like to be in the sanctuary where Zachariah encountered an angel? What might that tell me about God?

Tuesday 20th Lk 1:26-38

(Imagine that scene) What stands out most for me in that scene? How might that relate to my own life?

Wednesday 21st Lk 1:39-45

(Imagine that scene) What stands out most for me in that scene? How might that relate to my own life?

Thursday 22nd Lk 1:46-56

Which word or phrase of the Magnificat stands out to me? What might my own 'Magnificat' say?

Wednesday 23rd

Lk 1:57-66

God had a particular call for John the Baptist. Do I believe God has a particular purpose for me? Am I ready to say 'yes' to be of service as John was?

Thursday 22nd

Lk 1:67-79

When I consider Zachariah's canticle and Jesus humbling himself to become human, to draw humanity back to God, what am I most grateful for? What is my response to God.



CATHOLIC CATHEDRAL PARISH

KO TE KARAITI KEI TE PŪ

Christ in the Centre

ŌTAUTAHI - CHRISTCHURCH

In the Evening you may wish to use this Examen Prayer as a way of noticing God's hand in your day and your own response.

The Examen prayer: -a 5 step process

1. *Pray for God's Help*

Ask God to help you look at your day with His eyes.

2. *Give Thanks for the Gifts of the Day*

With God's gentle guidance, let God show you the blessings of your day. Name the blessings, from the most significant and obvious to the more common and ordinary. Be specific.

3. *Pray Over The Significant Feelings That Surfaced.*

As you reflect on your day, you may notice some strong feelings arise: painful or pleasing – for example, joy, peace, sadness, anxiety, confusion, hope, compassion, regret, anger, confidence, jealousy, self-doubt, boredom, or excitement. Pick one or two strong feelings or movements and ask God to help you understand what aroused those feelings and where they led you:

- Did they draw you closer to God?
- Did the feelings lead you away from God?

4. *Rejoice and Seek Forgiveness*

Rejoice in those times that you were brought closer to God and ask God for forgiveness for those times today when you resisted God's presence. Praise God for the awareness, even of the things you are not proud of, because it is the beginning of healing and conversion.

5. *Look to Tomorrow*

Look at your schedule for tomorrow. God wants to be there with you, in the most dramatic and mundane moments of your life. Ask God to give you the grace you need. Be very practical and specific. Close with speaking to God from your heart or with a familiar prayer like the Our Father.

(Adapted from *The Ignatian Prayer Adventure* by Kevin O'Brien SJ, 77)