



Advent: A Time to Prepare Your Heart

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate Advent as a time of preparation.*

INTRODUCE TOPIC & SCRIPTURE (John 3:16) *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE *"Lord, we place our hope in you as we prepare our hearts to celebrate your birth on Christmas."*

MEDITATION "Each year the Church gives us an incredible opportunity for a powerful encounter with Jesus. In her genius, the Church invites us during Advent to take a step back and look at who we are, what we are doing, and where Jesus fits into our lives. Jesus came into this world at that first Christmas for YOU, to bring meaning and deep satisfaction into your life, to fill you with lasting joy, and ultimately to bring you to eternal happiness with him in heaven. That's what we celebrate at Christmas. Are you ready? Think about it this way: We prepare for everything we consider important in life. You wouldn't show up to play in a football game and expect to win if you had not been training. You wouldn't show up unprepared to give a big presentation at work and expect to get the project. We don't expect to excel in exams if we have not studied. Consider the preparation that goes into hosting a barbecue, a dinner party, or a wedding... When was the last time you prepared your heart for Jesus' coming at Christmas?"³

RESOLUTION (Re-read Scripture.) "Advent is a season of preparation. And if we want to experience the true magic and meaning of Christmas, we need to take a break from our to-do lists and get our hearts ready for Christmas."⁴ What concrete resolution can you make this Advent so that your heart will be ready for Jesus at Christmas? *Holy Spirit Come...*

ENDING PRAYER (Kneeling*) Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. *Mary, Mother of God: pray for us; St. Joseph: pray for us; St. Nicholas: pray for us.* In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Dynamic Catholic, All About Advent, <https://dynamiccatholic.com/best-advent-ever/about-advent>

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*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

