

Centering Prayer Advent Litany

The Candle is lit, Light and peace in Jesus Christ our Lord

Prayer: (please read **bold** together)

Lord Jesus, **Send your Holy Spirit upon our preparations for Christmas**

We who have so much to do, **seek quiet spaces to hear your voice each day.**

We who are anxious over many things, **look forward to your coming among us.**

We who are blessed in so many ways, **Long for the complete joy of your kingdom.**

We whose hearts are heavy, **seek the joy of your presence.**

We are your people, walking in darkness, **yet seeking the light. We pray, Come Lord Jesus.** Fr. Henri Nouwen

Contemplative Reading:

Prayer: **Oh Holy God, open to us light for our darkness, courage for our fear, hope for our despair. O God of peace, open to us peace for our turmoil, joy for our sorrow, strength for our weakness. O generous God, open our hearts to receive the gift of your presence. Amen** Ruth Haley Barton, DD

Twenty Minutes of Centering Prayer

Psalm

Prayer: **Open our eyes, Lord, to the coming of your light that lifts darkness from our lives. Open our souls, Lord, to the warmth of your coming. Melt the hardness that keeps us from you and from each other. Open our world, Lord, clothe it with your renewing love. Amen** Adapted from www.wellsprings.org/cpadvent

Go in peace

Serve the Lord