

# Daily Prayer

Third Sunday of Advent Year B  
*The Year of Mark*



**Readings:** Isaiah 61: 1–2, 10–11; Luke 1: 46–50, 53–54; 1 Thessalonians 5: 16–24; John 1: 6–8, 19–28.

## Using Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

## Readings this Week

The Sunday of the Third Week of Advent is called 'Gaudete' Sunday. This is the Latin word for rejoice, which is the first word of the Entrance Antiphon of the Mass. Gaudete Sunday is the halfway point of Advent and we stop to remember, and look forward to, the joy that is to come when we celebrate the feast of Christmas.

## Overview of the Week

| Day and Liturgical Colour | Daily Prayer  | Links to Liturgy, Traditional Prayers and Forms of Prayer   |
|---------------------------|---|---|
| Monday – Violet           | <i>Among you stands one whom you do not recognise.</i>      | Praying with the Gospel through Artwork<br>Reflection Time  |
| Tuesday – Violet          | <i>The spirit of the Lord God is upon me.</i>               | Praying with the First Reading<br>Reflection Time<br>Advent Prayer  |
| Wednesday – Violet        | <i>My soul proclaims the greatness of the Lord.</i>         | Praying with the Responsorial Psalm<br>Penitential Rite<br>Praying with Song or Gratitude Prayer<br>Hail Mary |
| Thursday – Violet         | <i>Rejoice in the Lord always and pray without ceasing.</i> | Praying with the Second Reading<br>Blessing for Each Other  |
| Friday – Violet           | <i>I am the voice of one crying out in the desert.</i>      | Praying with the Gospel<br>Praying with Song  |

## Suggested Teacher Background for the Readings

- Liturgy Help: [Commentaries](#)
- Liturgy Help: [Homilies & Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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## Today's Daily Prayer – Among you stands one whom you do not recognise

Today, we will focus on the Gospel. **Preparation:** If you have set up an Advent wreath in your prayer space, this week, light the first and second purple candles and the pink candle each day. Choose readers and someone to light the candles.

## Monday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross slowly, reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light the three Advent candles and pause.*

**Leader:** As we begin our last week of this term, and this school year, we thank God for the many blessings we have received. We thank God for those who have enriched our lives, and been instruments of his love and care.

As we continue our Advent journey, we pray that we continue to find opportunities to find God in our midst.

**All:** **O come, O come, Emmanuel.**

*(Pause)*

### Listen

#### Arts & Faith Advent – Third Sunday Imaginative Prayer Exercise

**Leader:** The Ignatian Spirituality website offers us an opportunity to reflect on the season of Advent using artwork. Let us take this gift and use it to contemplate the message of the Gospel this week: 'Among you stands one whom you do not know, the one who is coming after me; I am not worthy to untie the thong of his sandal.'

[Arts & Faith: Third Sunday of Advent.](#)



## Respond

**Leader:** In this artwork, John appeals to us 'to look for the one among us whom we do not recognise'. Who, in our daily lives, do we not see, do we ignore, do we exclude?

How can we, in this time of Advent, open our eyes and hearts, and see Christ in the face of those whom we fail to notice?

*Time for quiet reflection ...*

## Go Forth

**Leader:** God of love, in this Advent time, you call us from our own dark selfishness to the light of hope, the joy of sharing and the healing power of love. Make us strong in our hearts so that we may be people of love who welcome the stranger, befriend the lost and comfort the broken-hearted. We make our prayer through Jesus Christ, our Lord.

**All:** **Amen.**

**Leader:** May we go forth in the knowledge that our lives are formed in faith, hope and love in the light of Christ.

*Extinguish candles and pause.*

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Today's Daily Prayer – The spirit of the Lord God is upon me

Today, we will pray with the First Reading. **Preparation:** Choose readers and someone to light the candles.

## Tuesday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light the three Advent candles and pause.*

**Leader:** As we light these Advent candles, may the light remind us that you, O Christ, are the light of the world, shining hope and peace to all.

**All:** **Amen.**

### Background to the First Reading

*This reading comes from the prophet Isaiah, preaching many years after the return of the Israelites from exile in Babylon. The temple has been rededicated and Jerusalem rebuilt, but the people are slowly falling back into sinful practices. They are forgetting to care for their own, particularly the most vulnerable. However, Isaiah offers hope that the Messiah (Jesus) will come and all will be made right again. This is the same passage that Jesus reads at the beginning of Luke's Gospel (Chapter 4), proclaiming his own mission.*

### Listen

**Leader:** Let us listen attentively to the First Reading from the prophet Isaiah.

**Reader:** A reading from the prophet Isaiah.

The spirit of the Lord God is upon me,  
because the Lord has anointed me;  
he has sent me to bring glad tidings to the poor,  
to heal the broken-hearted,



to proclaim liberty to the captives  
and release to the prisoners,  
to announce a year of favour from the Lord  
and a day of vindication by our God.  
I rejoice heartily in the Lord,  
in my God is the joy of my soul;  
for he has clothed me with a robe of salvation  
and wrapped me in a mantle of justice,  
like a bridegroom adorned with a diadem,  
like a bride bedecked with her jewels.  
As the earth brings forth its plants,  
and a garden makes its growth spring up,  
so will the Lord God make justice and praise  
spring up before all the nations.

*(Pause)*

The Word of the Lord.

**All: Thanks be to God.**

## Respond

**Leader:** We are now halfway through Advent. As we get closer to Christmas, we can ask ourselves: how have we been a witness to Christ over this Advent time? Have we missed opportunities to be like Christ to others?

Let us take some time to reflect and pray that we are open in mind and heart to the action of the Spirit in our lives.

*Time for quiet reflection ...*

## Go Forth

### Advent Prayer

**Leader:** May Jesus live in our hearts, serving others through us, and loving the world through our actions of compassion, justice and mercy. May the spirit of the Lord be upon each one of us, as we strive to care for the poor in our midst, to offer support and comfort to the broken-hearted, and to bring God's healing love to those who most need it.

**All: I rejoice heartily in the Lord,  
in my God is the joy of my soul.  
Amen.**

**Leader:** May we go forth in the knowledge that our lives are formed in faith, hope and love in the light of Christ.

*Extinguish candles and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Wednesday

### Today's Daily Prayer – My soul rejoices in my God

Today, we pray with the Responsorial Psalm. **Preparation:** Choose readers and someone to light the candles.

#### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

#### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light the three Advent candles and pause.*

#### Penitential Rite

**Leader:** We are called to be hope-filled people because of Jesus Christ. We remember that sometimes we are people who lose hope and forget God's promises to us, and so we pray.

Lord Jesus, you are hope for the hopeless. Lord, have mercy.

**All:** **Lord, have mercy.**

**Leader:** Christ Jesus, you heal the broken-hearted. Christ, have mercy.

**All:** **Christ, have mercy.**

**Leader:** Lord Jesus, you raise up the lowly and oppressed. Lord, have mercy.

**All:** **Lord, have mercy.**

**Leader:** May almighty God have mercy on us, forgive us our sins and bring us to life everlasting.

**All:** **Amen.**

#### Background to the Responsorial Psalm

*Mary stands as the first witness to the Good News and proclaims one of the most beautiful hymns of praise. She did not concern herself with the fact that she was an unmarried girl and pregnant, but only saw herself as an instrument of God and a part of his plan. Through this plan, the world order would be turned upside down, the rich and powerful would be brought down, and the poor and humble would be exalted. This would all happen through the life, death and resurrection of Jesus.*



## Listen

*If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.*

**Reader:** My soul rejoices in my God.

**All:** **My soul rejoices in my God.**

**Reader:** My soul proclaims the greatness of the Lord;  
my spirit rejoices in God my Saviour,  
for he has looked upon his lowly servant.  
From this day all generations will call me blessed.

**All:** **My soul rejoices in my God.**

**Reader:** The Almighty has done great things for me,  
and holy is his Name.  
He has mercy on those who fear him  
in every generation.

**All:** **My soul rejoices in my God.**

**Reader:** He has filled the hungry with good things,  
and the rich he has sent away empty.  
He has come to the help of his servant Israel  
for he has remembered his promise of mercy.

**All:** **My soul rejoices in my God.**

## Respond

**Leader:** Let us meditate on the words of the psalm in song:  
[‘Holy is his name’](#) by John Michael Talbot.

*(or)*

**Leader:** ‘The Almighty has done great things for me’. As we approach the end of the year, this would be a good time to list the blessings that you have received over the year.

*(Take a few moments of reflection time.)*

I ask each person to tell us briefly of a blessing they have received this year.

## Go Forth

### Hail Mary

**All:** **Hail Mary, full of grace,  
the Lord is with you.  
Blessed are you among women,  
and blessed is the fruit of your womb, Jesus.**



**Holy Mary, Mother of God,  
pray for us sinners,  
now, and at the hour of our death. Amen.**

**Leader:** We go forth in the knowledge that our lives are formed in faith, hope and love in the light of Christ.

*Extinguish candles and pause.*

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.





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## Today's Daily Prayer – Rejoice always and pray without ceasing

Today's prayer focuses on the Second Reading. **Preparation:** Choose readers and someone to light the candles.

## Thursday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light the three Advent candles and pause.*

**Leader:** As we light these candles, let us pray:

**All:** **At this time of Advent,  
give us, O Lord, a generous heart.**

**May we give the gifts that cost nothing but thought to all we meet:**

**a smile, a cheerful greeting, a helping hand, a word of encouragement.**

**Teach us that in giving to others,**

**it is we who are more richly blessed.**

### Background to the Second Reading

*The Second Reading comes from Saint Paul's first letter to the Thessalonians. Paul seemed to have a special affection for this community, perhaps because they faced so many challenges and experienced so much opposition from the many different cultures and religions practised in the city of Thessalonica. Paul reminds this fledgling community of the basis for living a Christian life – to smile, pray often, reject evil and embrace good, and remember the peace and faithfulness that God gives.*

### Listen

**Leader:** Let us listen attentively to the Second Reading from Paul's first letter to the Thessalonians.

**Reader:** Be happy at all times;  
pray constantly;



and for all things give thanks to God,  
because this is what God expects you to do in Christ Jesus.

Never try to suppress the Spirit  
or treat the gift of prophecy with contempt;  
think before you do anything –  
hold on to what is good and avoid every form of evil.  
May the God of peace make you perfect and holy;  
and may you all be kept safe and blameless,  
spirit, soul and body,  
for the coming of our Lord Jesus Christ.  
God has called you and he will not fail you.

*(Pause)*

This is the Word of the Lord.

**All: Thanks be to God.**

## Respond

### Blessing

**Leader:** I invite you to pray this blessing slowly and mindfully on the person next to you.

*(The person giving the blessing stands and puts their hand on the head or shoulder of the person receiving the blessing. This person either kneels or sits in front of them. When they have finished, they change places and the other person receives the blessing.)*

May you rejoice always and may God stay close to your heart.

May you always give thanks to God and be grateful.

May you keep what is good and reject all that is evil.

And may you always know God's love, peace and faithfulness. Amen.

*Time for reflective silence ...*

## Go Forth

**Leader:** May we continue to rejoice and be glad for all that God has given us.

**All: Amen.**

**Leader:** We go forth in the knowledge that our lives are formed in faith, hope and love in the light of Christ.

*Extinguish candles and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Today's Daily Prayer – I am the voice of one crying out in the desert

Today's prayer focuses on the Gospel. **Preparation:** Choose readers and someone to light the candles.

## Friday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light the three Advent candles and pause.*

**Leader:** As we light these candles, may they be a sign of God's hope through Jesus, God's peace in our hearts, and God's love in our words and actions.

**All:** **Amen.**

### Listen

#### The Gospel

**Reader:** A reading from the holy Gospel according to John.

A man named John was sent from God.

He came for testimony, to testify to the light,  
so that all might believe through him.

When the Jews from Jerusalem sent priests  
and Levites to him to ask him,

**Levites:** Who are you?

**Reader:** He admitted and did not deny it, but admitted,

**John:** I am not the Christ.

**Reader:** So they asked him,

**Levites:** What are you then? Are you Elijah?



**Reader:** And he said,

**John:** I am not.

**Reader:** Are you the Prophet?

**John:** No.

**Reader:** So they said to him,

**Levites:** Who are you, so we can give an answer to those who sent us? What do you have to say for yourself?

**Reader:** He said,

**John:** I am 'the voice of one crying out in the desert, "make straight the way of the Lord,"' as Isaiah the prophet said.

**Reader:** Some Pharisees were also sent. They asked him,

**Pharisees:** Why then do you baptise if you are not the Christ or Elijah or the Prophet?

**Reader:** John answered them,

**John:** I baptise with water; but there is one among you whom you do not recognise, the one who is coming after me, whose sandal strap I am not worthy to untie.

*(Pause)*

**Reader:** The Gospel of the Lord.

**All:** **Praise to you, Lord Jesus Christ.**

## Respond

### Reflections on John the Baptist

**Leader:** John the Baptist proclaims the coming of Jesus, a gift for the world from God, someone who would put down the proud and mighty, and raise up the lowly, someone who would bind up wounds and heal the lame, someone who would give sight to the blind and speech to the dumb, someone who would bring comfort to the broken-hearted, someone who would bring hope to the world.

He would come, not as a mighty king, but a tiny babe born in a stable.

He is all that the world needs.

### Reflective Song

['What child is this'](#) by Sovereign Grace (words: William C Dix; music: 'Greensleeves', 16th century English melody).

**All:** **Give us peaceful hearts and peaceful spirits, O God.**

**We make this prayer in Jesus' name.**

**Amen.**



## Go Forth

**Leader:** Bow your heads and pray for God's blessing.

As we come to the end of another year, may the Spirit of God fill you with joy.

**All:** **Amen.**

**Leader:** As we continue our Advent journey, may the Spirit of God fill you with hope.

**All:** **Amen.**

**Leader:** As we look forward to the celebration of Christmas, may the Spirit of God fill you with peace.

**All:** **Amen.**

**Leader:** Let us go forth in the knowledge that our lives are formed in faith, hope and love in the light of Christ.

**All:** **Thanks be to God.**

*Extinguish candles and pause.*

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

