

Daily Prayer

First Sunday of Advent Year C

The Year of Luke; Year of Prayer 2024



Readings: Jeremiah 33: 14–16; Psalm 25: 4–5, 8–9, 10, 14; 1 Thessalonians 3: 12 – 4: 2; Luke 21: 25–28, 34–36.

Year of Prayer 2024

Pope Francis proposed that 2024 be marked as a year dedicated to prayer in preparation for the Jubilee 2025. The Melbourne Archdiocese Catholic Schools (MACS) Daily Prayer resources will support both individual and community prayer in the Year of Prayer 2024. In addition, the Dicastery for Evangelization will publish a series of [prayer notebooks](#), with material taken from the many forms of prayer to be found in the rich Catholic tradition.

Preparations for 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 special cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a **Sacred Space** for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a candle and flowers. Additional resources (apps, websites, music, videos) will be suggested for those wanting to enrich the prayers or to understand the readings at a deeper level.

Readings this week

The readings this week are about the three comings of Jesus. The prophet Jeremiah preaches a message of hope to the Jewish people promising them a saviour who will be just and right. This is the First Coming of Jesus. The psalm encourages us to place our lives into God's hands who will teach us and keep us on the right path. In the Gospel, Jesus talks about the end times, the Second Coming. The Third Coming is when we, with faith and hope, invite Jesus to come into our hearts, into our lives.

Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Purple	<i>The Lord will fulfil his promises.</i>	Praying with the First Reading.
Tuesday – Purple	<i>To you, O Lord, I life my soul.</i>	Praying with the Responsorial Psalm. Gather, Respond, Go Forth.
Wednesday - Purple	<i>Conduct yourself in a way pleasing to God.</i>	Praying with the Second Reading. Go Forth.
Thursday - Purple	<i>Lord, show us your mercy and love, and grant us your salvation.</i>	Praying with the Gospel. Go Forth.
Friday - Purple	<i>Your redemption is near at hand.</i>	Praying with the Gospel. Sign of Peace. Go Forth.

Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.



Suggested Teacher Background for the Readings

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



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Today's Daily Prayer – The Lord will fulfil his promises.

Today's prayer will focus on the First Reading. **Preparation:** If possible, set up an Advent Wreath in your prayer space. A circle of greenery could be attached to a foam circle, with four candles pressed into it. Three of the candles are purple, and one is pink. This week, light the first purple candle each day. Each person present will need paper and a pen/pencil. Choose readers and a person to light the candle.

Beginning of New Liturgical Year – *This week we begin a new liturgical year and enter the season of Advent, which is the preparation time before Christmas. We have finished Year B and the Gospel of Mark. Now we are in Year C and the gospel readings are taken from the Gospel of Luke.*

Monday

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 candle and pause.

Leader: As we light this candle
keep us hopeful, O Lord, our God,
as we await the coming of your Son, Jesus,
who is hope for all the world.
O come, O come, Emmanuel.

All: O come, O come, Emmanuel.

Background to First Reading

The First Reading is from the prophet Jeremiah, often known as the 'gloom and doom' prophet because that's what many of his messages were about. He was not afraid to stand up to the rulers of the country and to preach to the people about their constant unfaithfulness to God. But in this reading, there is a tone of hope as he promises that although the Kingdom of Judah will fall, and the Temple will be destroyed, God will restore Judah and raise up a kingly line.

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.



Leader: Let us listen attentively to the words of sacred Scripture.
A reading from the prophet Jeremiah.

Reader

See, the days are coming – it is the Lord who speaks – when I am going to fulfil the promise I made to the House of Israel and the House of Judah:

‘In those days and at that time,
I will make a virtuous Branch grow for David,
who shall practise honesty and integrity in the land.
In those days Judah shall be saved
and Israel shall dwell in confidence.
And this is the name the city will be called:
The Lord-our-integrity.’

Pause

The Word of the Lord

ALL: Thanks be to God.

Respond

Leader: As we begin the season of Advent, how can we be hope-filled people when there is so much in our world to counter it? Write yourself an acrostic to help you remain hopeful. For example:

A – Affirm others

D – Do what is right

V –

E –

N –

T –

Go Forth

Leader: As we go forth let us pray that we are bringers of hope, bringers of faith and bringers of love. May the Holy Spirit direct our words and deeds and fill them with justice, compassion and mercy, so that, through us, each person we meet is touched with the hand and heart of God.

All: Amen.

Leader: Let us go forth from here praising God in all that we do and say.

All: Inspired to live faithfully 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 – To you, O Lord, I life my soul.

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

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 candle and pause.

Leader: As we light this candle let us pray this Advent prayer together.

All: O come, O come Emmanuel,
May the light of this candle be a symbol of hope,
a hope that burns within us,
lighting the world with the love and peace
that only Jesus can bring.
Amen.

Background to the Responsorial Psalm

Psalm 25 was written after the Babylonian Exile and is a psalm of hope and trust in God. It describes God as a teacher who shows the way to justice and righteousness. God does not admonish those who fail but treats them with love and kindness. The psalm praised the wisdom of the Torah and encouraged the people to wait on the Lord to act in their lives. These themes are still very much part of modern Judaism.

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.

Leader: Let us pray together the Responsorial Psalm.

Reader: To you, O Lord, I life my soul.

All: To you, O Lord, I life my soul.

Reader: Lord, make me know your ways.



Lord, teach me your paths.
Make me walk in your truth, and teach me:
for you are God my saviour. (R.)

All: To you, O Lord, I life my soul.

Reader: The Lord is good and upright.
He shows the path to those who stray,
he guides the humble in the right path;
he teaches his way to the poor. (R.)

All: To you, O Lord, I life my soul.

Reader: His ways are faithfulness and love
for those who keep his covenant and will.
The Lord's friendship is for those who revere him;
to them he reveals his covenant. (R.)

All: To you, O Lord, I life my soul.

Pause

Respond

Meditation

Leader: I invite you to sit quietly with feet on the floor and hands cupped together on your lap.
Close your eyes and take a few deep breaths. Try and empty your mind.
The psalm calls us to lift our souls to God. Let us lift not just our souls but our whole lives.
Imagine placing into your hands all your worries. *(Pause)*
Imagine placing into your hands all your doubts and fears. *(Pause)*
Imagine placing into your hands all your hopes and dreams. *(Pause)*
Imagine placing into your hands all your sadness and disappointments. *(Pause)*
Imagine placing into your hands all your joys and happiness. *(Pause)*
Slowly raise your cupped hands up and offer all these to God. *(Pause)*
Pray in hope and trust that God will take all these things and hold them close to his heart.
Time for quiet reflection.

Go Forth

Leader: Let us pray together:

**All: Our hope is in the Lord,
who binds up our hurts and soothes our wounds,
who gives us new sight and shows us the right path,
who wipes away our tears and fills our hearts with gladness.
Amen.**

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 – Conduct yourself in a way pleasing to God.

Today's prayer will focus on the Second Reading. **Preparation:** Choose readers and someone to light the candle. Have art supplies and paper for participants to use.

Wednesday

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 candle and pause.

Leader: As we light this Advent candle, we pray:

Lord, you are our hope.

All: Come, Lord Jesus.

Leader: Lord, you are our promise.

All: Come, Lord Jesus.

Leader: Lord, you are our joy.

All: Come, Lord Jesus.

Background to the Second Reading

St Paul's first letter to the Thessalonians is one of the earliest writings, written about 50–54 AD. Thessaloniki was a major sea port and bordered the Aegean Sea. There were prominent Jewish communities there, so Paul preached there on his Second Journey and set up a small Christian community. Paul wrote this letter to the Thessalonians, who thought that because of what Christ had done for them, they didn't need to work too hard. Paul tells them that they must continue to care for one another, to show love for one another and to remain holy as they had been instructed.

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.

Leader: Let us listen attentively to the words of sacred scripture.

Reader: A reading from the first letter of St Paul to the Thessalonians



May the Lord be generous in increasing your love and make you love one another and the whole human race as much as we love you. And may he so confirm your hearts in holiness that you may be blameless in the sight of our God and Father when our Lord Jesus Christ comes with all his saints.

Finally, brothers, we urge you and appeal to you in the Lord Jesus to make more and more progress in the kind of life that you are meant to live: the life that God wants, as you learnt from us, and as you are already living it. You have not forgotten the instructions we gave you on the authority of the Lord Jesus.

Pause

The Word of the Lord

ALL: Thanks be to God

Respond

Leader: In this reading Paul asks: How should the Christian live?

As we begin our Advent journey, let us ask ourselves this same question.

How should the Christian live? How should I live?

Time for quiet reflection.

Go Forth

Leader: Let us pray together the Prayer of St Francis, which offers us a way to live.

All: **Lord, make me an instrument of your peace;**

where there is hatred, let me sow love; where there is injury, pardon;

where there is discord, union; where there is doubt, faith;

where there is despair, hope; where there is darkness, light;

and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console;

to be understood, as to understand; to be loved, as to love;

for it is in giving that we receive, it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life. Amen.

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 – Lord, show us your mercy and love, and grant us your salvation.

Today's prayer focuses on the Gospel from last Sunday.

Preparation: Choose readers and someone to the candle.

Thursday

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 candle and pause.

Leader: As we light this Advent candle, we pray for faith.

All: Help us, O God, to be faith-filled people.

Leader: As we light this Advent candle, we pray for hope.

All: Help us, O Lord, to be hope-filled people.

Leader: As we light this Advent candle, we pray for love.

All: Help us, O Lord, to be loving people. Amen.

Background to the Gospel

In this reading we hear about the Second Coming. Mark's Gospel suggests that this will happen with the destruction of the Temple. But Luke is vaguer about the timing and says that just as there are signs of the season of spring, so there will be signs that will appear before the coming of the Son of Man. In Jesus' time people believed that the events in the sky were an indication of what would happen on earth. If strange things were happening in the sky, then strange things would happen on earth.

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:

A reading from the Holy Gospel according to Luke.

Jesus said to his disciples: 'There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.'

Pause

The Gospel of the Lord

ALL: Praise to you, Lord Jesus Christ.

Respond

Prayers of the Faithful

Leader: Let us bring our prayers to God, knowing they will always be heard.

Reader: God of love, as we make this Advent journey, help us to attend fully to you so that we may be set on the right path and walk in your ways. *(Pause)* Lord, hear us.

All: **Lord, fill us with hope and faith.**

Reader: God of courage, as we make this Advent journey, give us the strength we need to attend to what is really important and keep our hearts set on you. *(Pause)* Lord, hear us.

All: **Lord, fill us with hope and faith.**

Reader: God of compassion, as we make this Advent journey, teach us to see beyond our own needs and wants, and look to the needs of others. *(Pause)* Lord, hear us.

All: **Lord, fill us with hope and faith.**

Reader: God of justice, as we make this Advent journey, teach us to raise up the lowly and stand up for others who are oppressed, rejected and abandoned. *(Pause)* Lord, hear us.

All: **Lord, fill us with hope and faith.**

Reader: God of truth, as we make this Advent journey, teach us to follow Jesus' way and be faithful to his message even when we are challenged. *(Pause)* Lord, hear us.

All: **Lord, fill us with hope and faith.**

Reader: God of mercy, we pray for any special intentions ... *(Pause)* Lord, hear us.

All: **Lord, fill us with hope and faith.**

Leader: We offer our prayers to you, O God, and pray that our hearts remain faithful to you.

All: **Amen.**

Go Forth

Leader: Gracious and loving God, as we go forth may we keep our eyes on what is important today and live the gospel message of love and peace. Give us the courage we need to be your faithful followers.

All: **Amen.**

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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Readings: Jeremiah 33: 14–16; Psalm 25: 4–5, 8–9, 10, 14; 1 Thessalonians 3: 12 – 4: 2; Luke 21: 25–28, 34–36.

Today's Daily Prayer – Your redemption is near at hand.

Today's prayer will focus on the Gospel from last Sunday.

Preparation: Choose readers and a person to light the candle.

Friday

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 may wish to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.

The 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 candle and pause.

Leader: As we light this candle ...

All: May we be people who walk in hope.

(Pause)

All: May we be people who walk in faith.

(Pause)

All: May we be people who walk in love.

All: Amen.

Background to the Gospel

This is the second half of the Gospel reading from Sunday. In the Gospel this week Jesus speaks with image-laden words and it can seem very strange to us today. This passage is often described as a depiction of the Last Judgment. Throughout Christian history artists have depicted this scene according to their best understanding of what God's manifestation at the end of time might look like. In our tradition there is also a sense in which God's arrival will be a time of judgement ushering an end to suffering. In our response to the Gospel we will have an opportunity to look at some artistic depictions of the Gospel.

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.

Leader: Let us prepare to the sacred words of scripture.



Reader: A reading from the holy Gospel according to Luke.

Jesus said to his disciples: 'There will be signs in the sun and moon and stars; on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the powers of heaven will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. When these things begin to take place, stand erect, hold your heads high, because your liberation is near at hand.

'Watch yourselves, or your hearts will be coarsened with debauchery and drunkenness and the cares of life, and that day will be sprung on you suddenly, like a trap. For it will come down on every living man on the face of the earth. Stay awake, praying at all times for the strength to survive all that is going to happen, and to stand with confidence before the Son of Man.'

The Gospel of the Lord

ALL: Praise to You, Lord Jesus Christ

Respond

Images of the Gospel

Leader: In our response we have three images depicting the time of Judgment. Let's spend a few moments looking at them, and asking ourselves: *What do I see? What do I think? What do I wonder?*

The Last Judgement (triptych oil on oak panel) by [Hieronymus Bosch](#) c. 1486–1510.

Bosch + 500 – The last Judgement by [Walter Miranda](#), 2016

The Last Judgment by Wassily Kandinsky, 1912 ([Arts & Faith: Advent](#) offers an interpretation)

(Alternatively)

Reflective Questions

Leader: In the Gospel Jesus speaks in dramatic ways to provoke his listeners to reflect on the most important things in their lives. The Psalmist captures this in the verse 'grant that I may know the shortness of my life, that I may gain wisdom of heart' (Ps 90: 12). Let's spend some time with some questions to help us get in touch with what is most important in our lives.

(Choose one of these questions or think of your own question to pose to the group.)

Leader: If you were to meet God this week, how would you prepare? How would you feel?

If you only had one more week to live, how would you spend that time (What would you do? Who would you spend time with? What loose end would you attend to?)

Time for quiet reflection.

Go Forth

Leader: As we journey through Advent, let us take some time out from our busy lives to reflect on what is important in our lives. May the Holy Spirit fill our hearts and minds and turn our gaze to you, O Lord, who show us the path of justice and righteousness and lead us to peace.

All: Amen.

As we come to the end of another week, let us offer each other a sign of peace.
(Sign of Peace.)

Leader: Let us go forth from here praising God in all that we do and say.



All: Inspired to live faithfully 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.

