



ADV ENT

HOPE

PEACE

JOY

LOVE



Prayer Devotional



ADV ENT



Hello!

This devotional was created to help you slow down and enter into the season of Advent with awe. This liturgical season is the start of the new year (for the church calendar) and is marked with waiting and longing for the coming and return of Christ. Each week this guide has a pause rhythm of morning, midday, and evening to stop and be with God. We hope that this practice will orient the hours in your day around the knowledge of God's love, word, and presence ever available to us.

You will find a breath prayer for the midday pause. If that way of praying is new to you, no worries! A breath prayer is a type of prayer that is spoken in the the timing of your breath. A phrase for the inhale and a phrase for the exhale. We hope this ancient way of praying becomes a habit that reminds us all that our ever-present God is just a breath away.

You will also notice the devotional is for the week. We hope you will embrace the practice of returning to repeated prayer and scripture as a way to meditate, ruminate, and even marinate on God's word in his presence, rather than accumulate information about him. We pray this guide will help you be filled with wonder and worship as we await our King. Enjoy!

Emmaus Church Prayer Team



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Christ with me, Christ before me,
Christ behind me, Christ in me,
Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me, Christ in every
ear that hears me.

St. Patrick's Breastplate

VIII century

WEEK 1

Origin

Morning

Pause

2 min of stillness

Read

“In the beginning the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God. God created everything through him, and nothing was created except through him” John 1:1-3

Pray

Lord Jesus, you are the origin of all things, visible and invisible. You yourself were there before the advent of creation. At the beginning of this day, we name before you all that you have done in this world and in our life that couldn't have come to be except through you.

SONG FOR THE WEEK

Midday

Breath Prayer

Pause

Breathe in: “You are my start”

Breathe out: “You have no end”

Evening

Pause

2 min of stillness

Return to morning scripture

Pray

My Father in Heaven, as I end my day I pause to thank you for your faithfulness. From you comes both my morning strength and my ability to lie down and rest. Help me to always remember that just as you created me, you sustain me day and night.

WEEK 2

Belonging

Morning

Pause

2 min of stillness

Read

“The one who is the true light, who gives light to everyone, was coming into the world. He came into the very world he created, but the world didn’t recognize him. He came to his own people, and even they rejected him. But to all who believed him and accepted him, he gave the right to become children of God. They are reborn—not with a physical birth resulting from human passion or plan, but a birth that comes from God.”

John 1:9-13

Pray

Lord Jesus, we belong to you. We are your own. Show us and deliver us from all the ways we reject your love and your guidance. At the beginning of this day, we open our eyes to the many ways you will assure us that we are your children.

[SONG FOR THE WEEK](#)

Midday

Breath Prayer

Pause

Breathe in: “You make me whole”

Breathe out: “Christ, my Rock”

Evening

Pause

2 min of stillness

Return to morning scripture

Pray

Lord, you said you no longer call me servant but friend because as your follower I belong to the Father. As I close another day, help me to rest in the fact of being part of an eternal and global family, body, friendship and kinship, that can never be stripped from your holy hand.

WEEK 3

Body

Morning

Pause

2 min of stillness

Read

“So the Word became human and made his home among us. He was full of unfailing love and faithfulness.” John 1:14

Pray

Lord Jesus, you chose to come in a body like ours. Your body housed all your love and truth and inhabited our broken reality. You felt, talked, slept, cried, laughed, and embraced. You experienced life to the fullest and willingly died. You were a human being truer than we could ever experience. At the beginning of this day, we present to you our bodies, both their strengths and weaknesses, and continue into our day seeking your presence through all our senses as your very presence lives in us.

[SONG FOR THE WEEK](#)

Midday

Breath Prayer

Pause

Breathe in “My body made new”

Breathe out “Your temple by choice”

Evening

Pause

2 min of stillness

Return to morning scripture

Pray

Creator. You are a God who sees me and knows me. You love me as your creation no matter how I feel about myself and the body you have given me. No matter if I feel as used, uplifted, and honored as Mary or as abused, ashamed, and alone as Hagar. You know my thoughts and my nakedness, my actions done and actions done against me, love given and hate experienced, all my joys, and my deepest despairs and regrets. Yet, in all, you want me. You continue to make me new to be a body that lives out of a renewed life in Christ. Thank you, creator God

WEEK 4

Light

Morning

Pause

2 min of stillness

Read

“The Word gave life to everything that was created, and his life brought light to everyone. The light shines in the darkness, and the darkness can never extinguish it.”

John 1:4-5

Pray - light a candle & observe it in quiet. Pray:

By the lighting of this candle, I am reminded to be your lamp in this dark world. I am reminded, to share your warmth with others. I am reminded, of lights that have gone before. I am reminded, of lights that even now grow dim. I am reminded, to bring my prayerful offering. I am reminded, to go from this place in joy.

- Faith and Worship

[SONG FOR THE WEEK](#)

Midday

Breath Prayer

Pause

Breathe in “In you, I see”

Breathe out “In you I am seen”

Evening

Pause

2 min of stillness

Return to morning scripture

Pray

Light of the world. Let me love your warm embrace. Let me see your brightness for what it is - cleansing freedom and renewal. You bring me out of darkness by removing my hands shamefully covering my eyes foolishly thinking “if I can’t see him, then he can’t see me.” I am seen, I am known, and I am loved by you. Let me shine for you.