



**My Light**

**and**

**My Help**

DAILY PRAYER  
THROUGH ADVENT

FOR THE HOME OR  
THE CLASSROOM

# **My Light And My Help**

**This material has been designed for use at home during Advent, whether alone or with children and other family members so that each evening, as we light the Advent Wreath, a few moments of prayer and recollection can be shared together. It could be attached to a mealtime or before sleep. It could also be adapted for use in the classroom at the end of each school day.**

Each moment of prayer takes the opening Antiphon from the Mass of the Day, along with a few lines from the Magnificat, the Song of Mary, which is usually said in its entirety by all those who say Evening Prayer each day, ending with the Lord's Prayer and a Blessing.

From 17<sup>th</sup> – 24<sup>th</sup> December, as we move closer to Christmas, Advent takes a turning point so, on these days, the material allocated for these particular days should be used when the Advent 'O' Antiphons of the day features as the opening words.

# First Week of Advent

## Sunday

*To you, I lift up my soul, O God,  
In you have trusted: let me not be put to shame  
Nor let my enemies triumph over me  
And let no one who hope in you be put to shame*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our eyes God in whom we can trust.

*We pray with Mary:*

**'My soul proclaims the greatness of the Lord  
My spirit rejoices in God my Saviour'**

We thank God for the blessings of our day  
and pray for those who feel sad this night.

*(Silent or shared prayer)*

Let us pray for the coming of God's Kingdom:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

# First Week of Advent

## Monday

*Hear the word of the Lord, O nations;  
declare it to the distant lands;  
Behold, our Saviour will come; you need no longer fear.*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our eyes to Heaven.

*We pray with Mary:*

**'My soul proclaims the greatness of the Lord  
My spirit rejoices in God my Saviour'**

We thank God for the blessings of our day  
and pray for those who feel afraid this night.

*(Silent or shared prayer)*

Let us pray for the coming of God's Kingdom:

### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

# First Week of Advent

## Tuesday

*Behold, the Lord will come,  
and all his holy ones with him  
and on that day there will be a great light.*

*(cf Zech 14:5,7)*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our hearts to God's holiness.

*We pray with Mary:*

**'My spirit rejoices in God my Saviour  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who feel alone this this night.

*(Silent or shared prayer)*

Come Lord Jesus, as we pray as you taught us:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

# First Week of Advent

## Wednesday

*The Lord will come and he will not delay. (cf Hab 2:3; 1 Co 4:5)*  
*He will illumine what is hidden in darkness*  
*And reveal himself to all the nations.*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our hearts to God's coming into the world

*We pray with Mary:*

**'He looks on his servant in her lowliness,  
all ages will call me blessed'**

We thank God for the blessings of our day  
and pray for all the leaders of the world.

*(Silent or shared prayer)*

God, help us to listen to you, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

# First Week of Advent

## Thursday

*You, O Lord, are close,  
and all your ways are truth  
From of old I have known your decrees,  
for you are eternal*

*(cf Psalm 118:151-2)*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our hearts to God's coming into the world

*We pray with Mary:*

**'All ages will call me blessed.**

**The Almighty works marvels for me.'**

We thank God for the blessings of our day  
and pray for those who have been hurt by the lies of others.

*(Silent or shared prayer)*

God, help us to listen to you, as we pray like Jesus:

### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## First Week of Advent

### Friday

*Behold, the Lord will come,  
descending with splendour  
to visit his people with peace,  
and he will bestow on them eternal life.*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our hearts to the glory of God.

*We pray with Mary:*

**'The Almighty works marvels for me.  
Holy is his name.'**

We thank God for the blessings of our day  
and pray for who wait for peace and end to war in their land.

*(Silent or shared prayer)*

God, help us to listen to you, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.



# First Week of Advent

## Saturday

*Come and show us your face, O Lord,  
who are seated upon the Cherubim,  
and we will be saved.*

*(cf Psalm 79:4,2)*

As we prepare for Christmas,  
this candle brings light and warmth  
and raises our hearts to the glory of God.

*We pray with Mary:*

**'Holy is his name.**

**His mercy is from age to age.'**

We thank God for the blessings of our day  
and pray for all who do not know the love of Jesus.

*(Silent or shared prayer)*

God, help us to seek you, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Sunday

*The Lord will come to save the nations,  
and the Lord will make the glory of his voice heard,  
in the joy of your heart.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the joy that comes from God.

*We pray with Mary:*

**'My soul proclaims the greatness of the Lord  
My spirit rejoices in God my Saviour'**

We thank God for the blessings of our day  
and pray for who are unhappy.

*(Silent or shared prayer)*

God, help us to share your joy, as we pray like Jesus

### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Monday

*Hear the word of the Lord, O nations, (cf Jr 31:10; Is 35:42)  
declare it to the distant lands;  
behold, our Saviour will come; you need no longer fear,*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to trust in God.

*We pray with Mary:*

**'He scatters the proud-hearted.  
He casts the might from their thrones.'**

We thank God for the blessings of our day  
and pray for who preach and teach us about God.

*(Silent or shared prayer)*

God, help us to listen to you, as we pray like Jesus:

### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Tuesday

*Behold the Lord will come,  
And all his holy ones with him;  
and on that day there will be a great light;*

*(Zc 14:5,7)*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the brightness of God.

*We pray with Mary:*

**'He puts forth his arm in strength  
and scatters the proud-hearted.**

We thank God for the blessings of our day  
and pray for who are cold this night.

*(Silent or shared prayer)*

God, help us to be strong in love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Wednesday

*The Lord will come and he will not delay.  
He will illumine what is hidden in darkness  
and reveal himself to all the nations.* (cf Hab 2:3; 1 Co 4:5)

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the love of God.

*We pray with Mary:*

**'He scatters the proud-hearted.  
He casts the mighty from their thrones.'**

We thank God for the blessings of our day  
and pray for who all are homeless this night.

*(Silent or shared prayer)*

God, help us to be strong in love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Thursday

*You, O Lord, are close,  
and all your ways are truth,  
from of old I have known your decrees,  
for you are eternal*

*(cf Psalm 118:151-2)*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the truth of God.

*We pray with Mary:*

**'He casts the mighty from their thrones  
and raises the lowly.'**

We thank God for the blessings of our day  
and pray for who have helped us.

*(Silent or shared prayer)*

God, help us to be strong in love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Friday

*Behold, the Lord will come,  
descending with splendour  
to visit his people with peace,  
and he will bestow on them eternal life.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the peace of God.

*We pray with Mary:*

**'He raises the lowly.**

**He fills the starving with good things.**

We thank God for the blessings of our day  
and pray for who are hungry this night.

*(Silent or shared prayer)*

God, help us to be strong in love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Second Week of Advent

### Saturday

*Come and show us your face, O Lord,  
who are seated upon the Cherubim,  
and we will be saved.*

*(cf Psalm 79:4,2)*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the saving love of God.

*We pray with Mary:*

**'He fills the starving with good things,  
sends the rich empty away.'**

We thank God for the blessings of our day  
and pray for who are worried about money this night.

*(Silent or shared prayer)*

God, help us to be strong in love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.



## Third Week of Advent Sunday

*Rejoice in the Lord always:  
again I say, rejoice  
Indeed the Lord is near*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the closeness of God.

*We pray with Mary:*

**'My soul proclaims the greatness of the Lord  
My spirit rejoices in God my Saviour'**

We thank God for the blessings of our day  
and pray for those who make us happy.

*(Silent or shared prayer)*

God, help us to be strong in love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Third Week of Advent

### Monday

*Hear the word of the Lord, O nations; (cf Jer 31:10; Is 35:4)  
declare it to the distant lands;  
Behold, our Saviour will come; you need no longer fear*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the power of God.

*We pray with Mary:*

**'He protects Israel, his Servant,  
Remembering his mercy.'**

We thank God for the blessings of our day  
and pray for who are weak and vulnerable.

*(Silent or shared prayer)*

God, help us to share our blessings with others, as we pray  
like Jesus:

#### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Third Week of Advent

### Tuesday

*Behold, the Lord will come,  
and all his holy ones with him  
and on that day there will be a great light.*

*(cf Zech 14:5,7)*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the light of God.

*We pray with Mary:*

**'Remembering his mercy,  
the mercy promised to our fathers.'**

We thank God for the blessings of our day  
and pray for who are in prison this night.

*(Silent or shared prayer)*

God, help us to bring your light to others, as we pray like  
Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Third Week of Advent

### Wednesday

*The Lord will come and he will not delay.  
He will illumine what is hidden in darkness  
And reveal himself to all the nations.* (cf Hab 2:3; 1 Co 4:5)

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the closeness of God.

*We pray with Mary:*

**'The mercy promised to our fathers,  
to Abraham and his children for ever.'**

We thank God for the blessings of our day  
and pray for those who are sad this night.

*(Silent or shared prayer)*

God, help us to share our daily bread with others, as we pray  
like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Third Week of Advent

### Thursday

*You, O Lord, are close,  
and all your ways are truth  
From of old I have known your decrees,  
for you are eternal*

*(cf Psalm 118:151-2)*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the wisdom of God.

*We pray with Mary:*

**My soul proclaims the greatness of the Lord  
My spirit rejoices in God my Saviour'**

We thank God for the blessings of our day  
and pray for those who work through the night.

*(Silent or shared prayer)*

God, help us to be strong in your love, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Third Week of Advent

### Friday

*Behold, the Lord will come,  
descending with splendour  
to visit his people with peace,  
and he will bestow on them eternal life.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the peace of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who are grieving this night.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## Fourth Week of Advent

### Sunday

*Drop down dew from above, you heavens,  
and let the clouds rain down the Just One:  
Let the earth be opened and bring forth a Saviour.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the justice of God.

*We pray with Mary:*

**'My soul proclaims the greatness of the Lord  
My spirit rejoices in God my Saviour'**

We thank God for the blessings of our day  
and pray for those who help us care for God's Creation.

*(Silent or shared prayer)*

God, help us to share your justice, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace.

## 17 – 24 December

### 17<sup>th</sup> December

*O Wisdom of the Most High,  
ordering all things with strength and gentleness,  
come and teach us the way of truth*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the gentleness of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who are grieving this night.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace



## 17 – 24 December

### 18<sup>th</sup> December

*O Ruler of the House of Israel,  
who gave the law to Moses on Sinai,  
come and save us with outstretched arm.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the power of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who are grieving this night.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

## 17 – 24 December

### 19<sup>th</sup> December

*O Root of Jesse,  
set up as a sign to the peoples,  
come to save us, and delay no more.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the saving love of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who feel lost this night.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

**Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

## 17 – 24 December

### 20<sup>th</sup> December

*O Emmanuel,  
our king and lawgiver,  
come and save us, Lord our God*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the royal power of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who keep us safe this night.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

#### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

## 17 – 24 December

### 21st December

*O Key of David, who open the gates of the eternal kingdom,  
come to liberate from prison  
the captive who lives in darkness.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the royal power of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who are worrying about tomorrow.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

#### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

## 17 – 24 December

### 22nd December

*O King of the peoples and cornerstone of the Church,  
come and save us,  
whom you made from the dust of the earth.*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the royal power of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who are concerned about someone they  
love this night

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

#### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

17 – 24 December

## 23rd December

*O Morning star, radiance of eternal light,  
sun of justice, come and enlighten  
those who live in darkness and in the shadow of death*

As we prepare for Christmas,  
these candles bring light and warmth  
and raise our hearts to the royal power of God.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for those who are ill this night.

*(Silent or shared prayer)*

God, help us to share your peace, as we pray like Jesus:

### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

17 – 24 December

## 24th December

*Today you know that the Lord will come.  
In the morning you will see his glory*

Christmas is close!  
These candles bring light and warmth  
and prepare our hearts to celebrate the birth of Jesus.

*We pray with Mary:*

**My spirit rejoices in God my Saviour,  
He looks on his servant in her lowliness.'**

We thank God for the blessings of our day  
and pray for all children this night,  
especially those who are poor or scared

*(Silent or shared prayer)*

God, help us to be grateful and loving, as we pray like Jesus:

### **Our Father...**

May the Lord bless us and keep us;  
May the Lord make his face to shine upon us  
and be gracious to us;  
May the Lord turn his face towards us  
and give us his peace

