



PRESENCE

The Lord never leaves our side. How often do we call that fact to mind? Sit quietly and simply call to mind the presence of God. You can acknowledge His presence by saying, "Jesus, you are here." Take as much time as you need in this step.

Also take time to call upon the Holy Spirit to make this prayer time fruitful. You can do this by saying something like, "Holy Spirit, please make this time fruitful. Help me to be open to receive anything that you have in store for me during this prayer time. I entrust this time to you."

REFLECTION QUESTIONS

1. Think back to your childhood. What was your first experience being called by the Lord? Take a moment down to write and tell our Lord this story.
2. What are you afraid to give the Lord? Shame? Doubt? Write these things down and ask the Lord for help in trusting these parts of you to Him.
3. How is the Lord greeting you in this moment? Try to ask yourself this question every day.
4. What is one concrete way for you to prepare to be open to receiving the Lord this advent season? Make sure this goal is a SMART Goal: (example: I will pray for 10 minutes each morning during the remaining days in advent.)

REST

"Be still and know that I am God" (Psalm 46:11). Take time to simply bask in God's grace in silence. His grace is complete gift. If you notice that your thoughts are wandering, simply return to the stillness of God's presence and grace.

CONCLUSION

Thank God for his presence and for any consolations and insights you may have received during this time of prayer. Thank Him if you did not receive any consolations or insights during this time of prayer.

Pray an Our Father, Hail Mary, and Glory Be.