

# First Week of Advent

## DWELL IN READINESS

As we begin Advent, we take a slow breath and open our hearts.

This first week invites us into a gentle attentiveness  
— the kind of inner stillness Mary carried before the angel came.

Before anything else, God asks for our readiness:  
a heart that listens, watches, and welcomes.

Let Mary lead you into this quiet beginning.



MARY'S FIAT:  
A HEART THAT MAKES ROOM

GOSPEL FOR THE FIRST SUNDAY OF ADVENT

**MATTHEW 24:37–44**

# How to pray with Lectio Divina

*Lectio Divina* means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

## 1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

## 2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

## 3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

## 4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

## 5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

# Journaling during Advent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of letting the Word dwell more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work.

Let it be simple. Let it help you notice.

# Daily Rhythm for Prayer

## 1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

## 2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

## 3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

## 4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: “*Lord, show me the right moment for this.*”

*Let each day be simple. Let it unfold gently. Let the Lord dwell with you.*

# Advent Journey Prayers

## **WITH MARY, I LISTEN**

*To be said before reading Scripture*

Mary, Mother of the Word,  
help me to listen with a still and humble heart.  
Guide my thoughts as I sit with the Gospel.  
Teach me to recognise your Son speaking to me.  
Amen.

## **WITH MARY, I BEGIN**

*Daily opening prayer for the Advent Journey*

Mary, Mother of Jesus,  
be with me as I enter this season.  
Teach me the quiet openness of your heart.  
Help me welcome Jesus into my life,  
in the places where I most long for His presence.  
Amen.

## **WITH MARY, I RESPOND**

*Daily closing prayer for the Advent Journey*

Mary, gentle guide,  
help me live what I pray.  
Teach me to carry Jesus  
into my family, my relationships, my workplace,  
and everywhere love is needed.  
Amen.

# First Sunday of Advent Gospel

## **MATTHEW 24:37-44**

*"Stay awake, for you do not know on which day your Lord will come."*

Jesus said to his disciples:

"As it was in the days of Noah,

so it will be at the coming of the Son of Man.

In those days before the flood,

they were eating and drinking,

marrying and giving in marriage,

up to the day that Noah entered the ark.

They did not know until the flood came and carried them all away.

So will it be also at the coming of the Son of Man.

Two men will be out in the field;

one will be taken, and one will be left.

Two women will be grinding at the mill;

one will be taken, and one will be left.

Therefore, stay awake!

For you do not know on which day your Lord will come.

Be sure of this: if the master of the house

had known the hour of night when the thief was coming,

he would have stayed awake

and not let his house be broken into.

So too, you also must be prepared,

for at an hour you do not expect, the Son of Man will come."

*\*\* Follow How to Pray Lectio Divina and Advent Journey Prayers*

# First Week of Advent Daily Reflections

## MONDAY — A LISTENING HEART

Mary teaches us that readiness begins with listening.

**Prayer:** *Mary, help me listen with simplicity and trust today.*

**Action:** Give someone your full attention — a moment where Christ can dwell.

## TUESDAY — SAYING YES IN SMALL WAYS

Mary's yes was hidden yet world-changing.

**Prayer:** *Jesus, help me say yes to You in ordinary moments.*

**Action:** Do something kind today that no one sees.

## WEDNESDAY — SILENCE THAT HOLDS GOD

Silence is a gentle space where God can rest in us.

**Prayer:** *Lord, help me treasure a few minutes of quiet with You.*

**Action:** Offer a moment of silence for someone who is hurting or alone.

## THURSDAY — HOPE WHILE WAITING

Mary waited with a trust rooted in God's goodness.

**Prayer:** *Mary, teach me to wait with hope, not worry.*

**Action:** Send a message of encouragement to someone who needs lifting up.

## FRIDAY — SHARING CHRIST'S PRESENCE

When we allow Jesus to dwell within us, His peace naturally flows outward.

**Prayer:** *Holy Spirit, let my words and actions bring Your gentleness today.*

**Action:** Offer to pray for someone — even quietly, in your heart.

## SATURDAY — PREPARING A PLACE

Mary prepared her heart with quiet love and trust.

**Prayer:** *Jesus, help me make room for You in the ordinary places of my life.*

**Action:** Light a candle and simply invite Jesus to dwell in your home and heart.

*\*\*Pray Daily Opening and Closing Prayers*