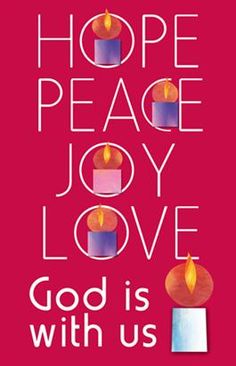


**An Advent Prayer**

**O Lord, help me to prepare for this sacred and joyous season.**

**As the season becomes hectic, help me to remember to slow down and enjoy the love of my family, friends and faith community.**

**Allow me to recognise those in need and realise that time, friendship and love are the greatest and often the most cherished gifts during the festive season.**

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**An Advent Prayer**



**God of light and hope,**

**Look upon us in love**

**And fill us with the Spirit of Jesus**

**That we may love you**

**And serve you in your kingdom.**

**Protect us this Advent;**

**Help us to focus on the things that really matter,**

**As we await the coming of our Lord Jesus Christ,**

**Who is the light of the world,**

**And who lives and reigns with You and the Holy Spirit,**

**One God forever and ever.**

**Amen.**