

**Advent reflection: Let your gentleness be known to everyone**

**Opening hymn:** Let heaven rejoice CBW #557 ( verses 1&2 with refrain)

**Opening prayer:** Lord, God of all, gentle father and friend, be with us today as we gather to share prayer and your Word. Send your Holy Spirit to flood our hearts with the graces of mercy, faith and justice. Open our ears and minds to hear and understand your teachings. Awaken our souls so that we may be ready to receive the blessings of this Advent season. Help us to see you in ourselves and each other. We ask this, Lord, as we ask all things, through the intercession of Jesus, your Son and our Saviour. Amen.

**Reading:** Philippians 4: 4-7

One minute of silence (Or quiet music or a question that you think might make participants ponder more deeply)

**Psalm:** Psalm 25 ( which can be sung. #16 in CBW)

Right side: Teach me your ways, O Lord;  
Make them known to me.

Left side: Teach me to live according to your truth,  
For you are my God, who saves me  
I always trust in you.

Right side: Remember, O Lord, your kindness  
And constant love,  
Which you have shown from long ago.

Left side: The Lord is righteous and good,  
He teaches sinners the right path.

Right side: He leads the humble in the right path,  
He teaches his will to the poor.

Left side: With faithfulness and love he leads all  
Who keep his covenant and obey his commandments.

Right side: Those who have reverence for the Lord  
Will learn from him the path they should follow.

Left side: The Lord is friend to those who obey him  
And he affirms his covenant with them.

One minute of silence

**Intercessions:** Can be read by one person or individuals take one each.

**Leader:** Let us present our petitions to God, responding with - In your Kindness Lord, remember us.

1. Lord, teach us to turn to you with faith and trust, as we go about our daily way ...R
2. Lord, be with us as we pray, together and separately this Advent season, seeking to know your truth ... R
3. Lord, help us to be, more and more, women of Faith and Justice ... R
4. Lord, let us see that it is in you that we have our being ... R
5. Lord, let us be as Mary was, trusting you completely ... R

Allow the gathering to make individual intercessions if they wish ... R

All: We entrust our prayers to you, God, our loving and giving creator. Give us the simple trusting heart of Mary, the mother of Jesus, who lovingly accepted your request to have and nurture your only son. Bless us with faith and peace, that we may serve you and others. We ask this through Jesus Christ, Mary's son and our Lord. Amen.

**Closing hymn:** Let Heaven Rejoice CBW # 557 (verses 3&4 with refrain)