

A Day by Day Spiritual Journey Through Advent
With Deacon Chris

Fourth Sunday of Advent Year C

Light a candle and make sure it is safe and don't leave unattended.

All Things Bright and Beautiful

This hymn by Cecil Francis Alexander (19th Century) recalls the wonder of all that God created; not just the animal kingdom but the hills and mountains etc. It reminds me of the Canticle of Daniel which is recited at Morning Prayer on Sunday of Week 1 in the Psalter. The three companions have been thrown into a furnace and it is from there that they call on everything to give praise to the Lord. I find it fascinating that sometimes when I am praying this about wind, rain, snow or ice giving praise to the Lord, the weather outside matches it.

God created the world for us. We should look after it because we have to give it back at some point.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

God our Father, to you all things are possible. Our lack of faith can prevent us from seeing and accepting what you offer us. Help us to accept what we think is unlikely so that we can experience your presence. Through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Gospel

Luke chapter 1 verses 39 to 44

Mary goes to visit Elizabeth.

Here we have the meeting of two pregnant women. Elizabeth is filled with the Holy Spirit so that she recognises who Mary is pregnant with and gives us part of the Hail Mary. There is such love and warmth between the two women and their unborn children.

Your Own Time.

Rosary. Contemplate on the **O Antiphon** that follows

O stock of Jesse, you stand as a signal for the nations; kings fall silent before you whom the peoples acclaim. O come to deliver us, and do not delay. (Magnificat antiphon 19th December Evening Prayer of the Church)

Concluding Prayer

O God, you sent John the Baptist to open up the way for your coming. He started his mission in the womb of Elizabeth, his mother, help us to accept your message for what it is, your message. Through Christ our Lord. Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

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