



# Notre Dame Morning Prayer December 16-20, 2019

+ = In the name of the Father, and of the Son, and of the Holy Spirit

## Monday, December 16, 2019 - third week of Advent and Spirit Week

The third week of Advent started yesterday. The first candle of the Advent wreath represented hope; the second candle represented peace; the third candle, a different colour from the others, represents joy. We may think that joy is just another word for happiness and that it is a feeling that comes and goes based on what is happening in our life. Joy, however, is deeper, rooted in a confidence that no matter what happens, God is with us.

Let us pray. + Lord, we know that life can be difficult. Thank you for the good experiences but help us through the challenging ones by making us aware that You are with us and in knowing You, we can be joyful in Your love for us, regardless of our circumstances. We also ask that you would bless us in this final week before the break. May we enjoy the activities of Spirit Week and grow as a community in love as we anticipate the celebration of Your birth. We ask all this through the intercessions of the Mother of God: *Hail Mary*. + Amen.

## Tuesday, December 17, 2019

Some of the most joyful people in the world have very few material possessions. Despite their poverty, they are connected to something deeper that allows them to see the goodness of life lived in community with others. May their example motivate us to seek that which is truly most important.

Let us pray. + Lord, none of us desire to be poor, but may we recognize that it is possible to be truly joyful even if we have very little - that it is good relationships with others and especially with You that allow us to be truly happy. We ask this through the intercessions of the Mother of God: *Hail Mary*. + Amen.

## Wednesday, December 18, 2019

It is possible to be happy when others around you are suffering, but joy is outward-focused and must be shared. It seeks to take the good that already exists and to multiply it in the world. It not only is a blessing to the person who has it but has the potential to bless many others as well.

Let us pray. + Lord, help us to recognize the difference between a happiness that is focused on ourselves and true joy that seeks to grow a good feeling in one's life by seeing it lived in others as well. We ask this through the intercessions of the Mother of God: *Hail Mary*. + Amen.

## Thursday, December 19, 2019

To find true joy does not mean that one is never sad; true joy lives in the background, behind any sadness, and reminds us that sadness is temporary but that true joy found in God never fails.

Let us pray. + Lord, the challenges of life can make it difficult to find joy, a joy rooted in the knowing that no matter what we feel, we can be joyful in knowing that You love us, that You are with us, and that You desire the best for us. Mary, despite the uncertainty that surrounded her pregnancy, knew Your joy and it sustained her. Grant us, O Lord, the gift of Your joy. Bless us also during our final two days of school before the break. We ask this through the prayers of the Mother of our Saviour: *Hail Mary*. + Amen.

## Friday, December 20, 2019 - final week of Advent

The final candle of the Advent wreath represents love and is the focus starting this Sunday, the last Sunday before Christmas. The earlier themes of hope, peace, and joy all find their true meaning in love, both of God and of others. Without love, there can be no hope, peace, or joy.

Let us pray. + Lord, we thank you for bringing us to the Christmas break. We look forward to activities today and in the days ahead. Please keep all who are travelling safe. May we know Your love: as You gave Yourself as a gift, may we too be a gift for others. We ask this through the prayers of Your Mother who demonstrated true love for You and who loves each of us: *Hail Mary*. + Amen.