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## **Advent Prayers 2018**

### ***Prayers from the Emmaus Community, a community for adults with learning disabilities:***

We pray that we will all take care of the environment

We pray for prisoners of conscience

We pray for people who escape danger by travelling by boat

Dear Jesus, we pray that you will help us to be kind to each other

We pray for all the parents around the world and all that they do

We pray for all those caught up in war zones that they may get help

We pray for refugees who have no homes and have to live in tents when it is cold

Help us to share

We pray for all people who are sick...especially...

We remember all those who have touched our lives but who we see no longer..

### ***Advent Prayers inspired by the people within Alabare and the Seven 'O' sayings of Advent***

O Wisdom

Help me to understand myself:

my wounds and my vulnerability

so that I may show empathy with those who are suffering.

O Lord

Who was, and is, and shall be,

May I become increasingly aware of the way you have journeyed alongside me throughout my life so far.

Give me courage to place my hand in yours and to step forward in hope.

O Root of life

You gave me sustenance in the womb

You bring me refreshment through your creation

Help me to remain immersed in your love

So that I may flourish and so point others towards you.

O Key

Who opens the door to life in all its fullness

Lead me from dark despair

To the light of a new dawn

So that I, like David, may dance with you

Knowing that you delight in me.

O Dayspring

You invite me to move forwards

May I bring my flickering flame of hope

as I walk through the dark, cold days

Towards an encounter with you in your vulnerability,

As the child in the manger.

O King of the Nations

May all people in their wonderful, ragged, vibrant diversity,

rejoice in the gift of life

That you so freely and lovingly give.

O God be with us

As we encounter the child, the displaced, and all who are homeless,

That with and through them we all grow more and more

into reflecting your image within the world.

We ask these prayers through Jesus Christ our Lord, Amen.