

Daily Prayer from TEC

Season of Advent

Perseverance and Renewal *Sext* (Traditional hour: mid-day)

*As we pause to feed our bodies in the middle of the day,
we pause also to feed our souls by vowing again to live faithfully.*

Opening

Do not be afraid.
God is with us, always.

Prayer

Shepherd of Israel, may Jesus, who is Emmanuel and son of Mary, be more than just a dream in our hearts. With the apostles, prophets, and saints, save us, restore us, and lead us in the way of grace and peace, that we may bear your promise into the world. **Amen.**

Praise

The Song of Mary (Magnificat; Luke 1:46-55) 10

My soul proclaims the greatness of the Lord,
my spirit rejoices in you, O God, my Savior,
for you have looked with favor on your servant.
From this day all generations will call me blessed:
you, the Almighty, have done great things for me,
and holy is your Name.
You have mercy on those who fear you
from generation to generation.
You have shown strength with your arm
and scattered the proud in their conceit,
Casting down the mighty from their thrones
and lifting up the lowly.
You have filled the hungry with good things
and sent the rich away empty.
You have come to the help of your servant Israel,
for you have remembered your promise of mercy,
The promise made to our forebears,
to Abraham and his children for ever.

Scripture

When a woman is in labor, she has pain, because her hour has come. But when her child is born, she no longer remembers the anguish because of the joy of having brought a human being into the world. So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you. John 16: 21-22

Meditation

Ask yourself: Will this satisfy a woman
satisfied to bear a child?
Will this disturb the sleep
of a woman near to giving birth?

Wendell Berry

*As we seek our own renewal, we look at others through the lens of compassion;
how will this point of view affect our choices?*

Prayers

For our deepest and most holy longings we pray:
Renew us, O God.

For all who wander, who hunger, who thirst:
Renew us as people of service and compassion.

For this planet, our home:
Renew our will to be healers of creation.

For this and every nation:
**Renew in all people the will for good and
the longing for peace.**

For those whom we hold in our hearts:
Here, the leader may add particular intercessions or thanksgivings.

Bless these and all creation with your goodness,
and renew our trust in your love. Amen.

Lord's Prayer

Prayer

O God of Elizabeth and Mary, you visited your
servants with news of the world's redemption in
the coming of the Savior: Make our hearts leap
with joy, and fill our mouths with songs of praise,

that we may announce glad tidings of peace and
welcome the Christ in our midst. **Amen.**

Going Out

Do not be afraid.

God is with us, always.