

Changing towards a New Lifestyle...

Advent Prayer Guide

Week 4

18 December 2022



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Readings: Is 7:10-14, Ps 24, Rom.1: 1-7, Mt 1: 18-24

We are close to the celebration of the Birth of Jesus, God's Son, the Savior of the World.

Through the Gospel (Mt 1: 18-24) we are invited by God to prepare ourselves to be ready to meet Him.

What does the Word of God require from me personally?

In silence, I will take some time to listen to God speaking in my heart.

What does He tell me today?

Song: Be Not Afraid by Bob Dufford

(If you are in a group you can stay in silence or listen to the quiet music, if it will be helpful.)

‘Joseph, son of David, do not be afraid...’

Put your name into this phrase and listen: ‘...**do not be afraid...**’ to do what God calls you to do now, as He comes to be with us.

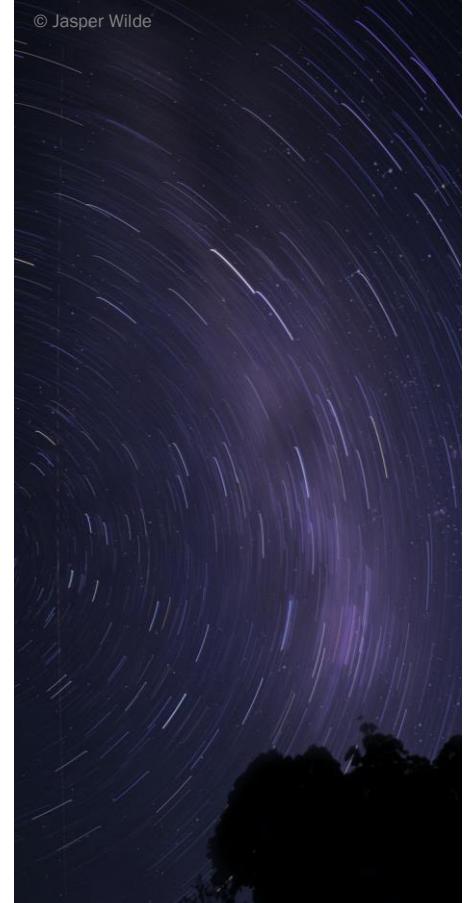
*What kind of answer does He require,
what kind of change in my life?*

It may be a change of my lifestyle: leaving my comfortable way of life in order to live simply, to be able to share with others or changing my busy life to find time for prayer, reflection, listening to someone who lives close to us.

It may be a change of my attitude towards others: to restore a broken relationship, to be more attentive listening to the voices of the poor, of the afflicted; to open my heart towards those who suffer, towards the poor and the migrants.

It may be getting involved in an initiative to protect the environment or just making a small step like turning off an unnecessary light.

What can I do, what shall I do or what can we do as a group in order to make any change in our world, in our society?



‘We are always capable of going out of ourselves towards the other. Unless we do this, other creatures will not be recognized for their true worth; we are unconcerned about caring for things for the sake of others; we fail to set limits on ourselves in order to avoid the suffering of others or the deterioration of our surroundings. Disinterested concern for others, and the rejection of every form of self-centeredness and self-absorption, are essential if we truly wish to care for our brothers and sisters and for the natural environment. These attitudes also attune us to the moral imperative of assessing the impact of our every action and personal decision on the world around us. *If we can overcome individualism, we will truly be able to develop a different lifestyle and bring about significant changes in society*’. (Laudato Si #208)

(If you are in a group, you can take time for sharing your reflections, ideas)

Finally, as Saint Joseph is the evangelical example for us today, we can ask for his intercession. ‘The Gospel presents Joseph as a just man, hard-working and strong. But he also shows *great tenderness, which is not a mark of the weak but of those who are genuinely strong*, fully aware of reality and ready to love and serve in humility.’ (Laudato Si #242)

We end this prayer reflection with this song:

Laudato Si - Bob Varek
Music – Paul Melley



Refrain: Laudato Si, Laudato Si, Praise Be, Laudato Si, Praise Be to the God who creates and sustains all. Let us sing Laudato Si, Praise Be!

What in the world have we done to this earth with all its beauty and splendor? If we only have eyes with which to see Mother Earth once teeming with all kinds of life now gasps for air and thirsts for water. Can we find a way to renew her? Can we see change? Yes, a see change? Laudato Si...

What in the world have we done to this earth with all its beauty and harmony? If we only have the ears with which to hear Mother Earth ringing with all kinds of sounds now silences the songs of beasts and birds. May she sing to us the way to renew her. Can we hear change, yes, a key change. Laudato Si...

What in the world have we done to this earth with all its poor and suffering?

If we only gave our hands to hold and reach. Mother Earth with all abundance for us all now feeding few and wasting away.

Can she unite us in a love for the world?

Can we love change?

Can we be change?

Photos: M. Łoboda rscj

Barbara Pawletta rscj
Malgorzata Loboda rscj
Poland

