



## Advent – Hang up your stocking.



On seeing Mary, Elizabeth cried out: “Blessed is she who has believed that the Lord would fulfil his promises to her! (Luke 1:45)

And Mary said: “My soul glorifies the Lord and my spirit rejoices in God my Saviour...” (Luke 1:46)

During Advent we reflect on the first coming of Jesus, his coming to us now and his promised return. If we believe that God’s promises are being fulfilled and act accordingly (like hanging up our stockings with the sure and certain hope that they will be filled) then we will know the joy of the Lord.

### A Daily Advent Exercise

Ask the Holy Spirit to lead you to do an act of mercy or justice – big or small – today. Do it joyfully!

### A Daily Advent Prayer

Merciful God, you chose your servant Mary to bear your Son and in so doing showed that yours is a Kingdom in which the first shall be last and the last shall be first. Fill me with your Spirit so that I might joyfully carry the good news of your Kingdom into a needy world through acts of mercy, justice and love.

O come, O King of nations, bind in one the hearts of all mankind. Bid all our sad divisions cease and be yourself our King of Peace.

“He has brought down rulers from their thrones  
but has lifted up the humble.  
He has filled the hungry with good things  
but has sent the rich away empty.”



For some people, colouring can be a way to slow down and pray. Don’t colour this all in one session, but spend 5 or 10 minutes each day colouring and thinking about what is on the other side of this paper.

