## Monday

Wednesday
'Come to me all you who labour and are over burdened and I will give you rest.'

We lift up in prayer today all those who are suffering at the moment in mind, body or spirit.

Be close to us Lord and bring us your peace. Amen


JOHN 1:1A.
'A voice cries out in the wilderness; prepare a way for the Lord, make His paths straight.
At the beginning of a new week, we ask the Lord to make the path ahead of us straight. May we prepare our hearts to welcome the Christchild by loving our neighbour as ourself today. Amen

## TUESDAY-

"the grass withers, the flower fades, but the word of our God remains for ever' Isaiah 40:8
Lord, may we be reassured during this advent season that your word lasts forever. Let us remember that not only are we preparing for your coming, but we are also preparing ourselves to be transformed by you into the person that you created us to be. In jesus' name we pray, Amen.

Prayer of St Ignatius
You have given all to me, to you Lord I return it.
Everything is yours- do with it what you will.
Give me only your love and your grace. that is enough for me. amen.

Lord, as we come to the end of a busy week, we thank you for being with us through the highs and lows that we have endured. Grant us a restful weekend, and when we return, may our hearts be ready to continue our journey during this season of Advent. We ask all this in jesus name, Amen.

