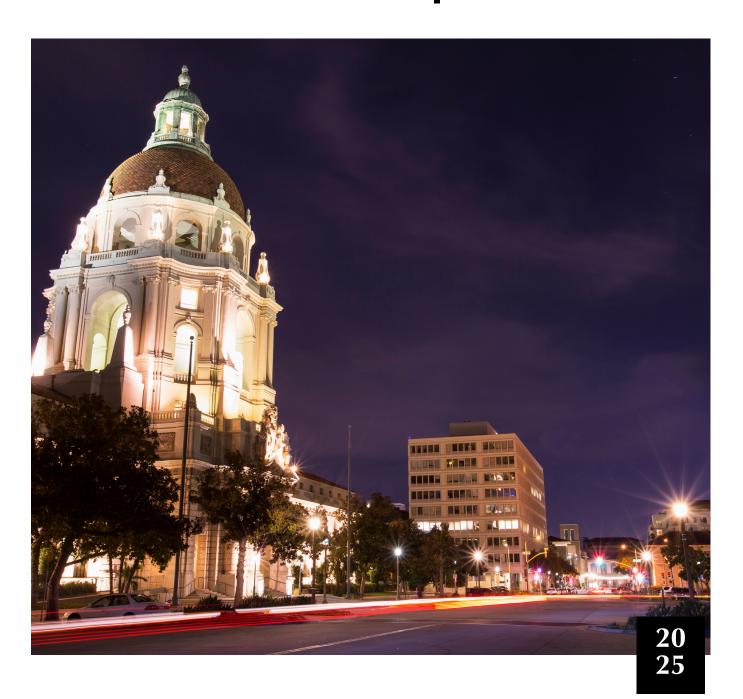


PRAYER GUIDE | ADVENT



Welcome

Liturgical Rhythms for Everyday Life

This prayer guide is offered with the hope that it will serve as a gentle companion in your walk with Jesus throughout the season of Advent.

This project is rooted in a simple conviction: we are formed not only by what we believe but by what we practice. The habits we keep shape our desires, our attention, and ultimately our lives. As a church, we believe the rhythms of gathered worship are meant to spill over into the week—becoming patterns that form us into the likeness of Christ.

Each day of this guide offers a liturgically inspired practice: the same rhythms we engage together on Sundays, extended into daily life. These aren't tasks to check off, but invitations to slow down, pay attention, and grow in communion with God over time.

The Scripture readings follow the Revised Common Lectionary Daily Readings used by churches around the world, with each Sunday page highlighting our sermon passages in bold. All Scripture is taken from the New International Version (NIV), 2011 edition.

This guide is meant to be flexible. Use it in the morning, evening, or whenever it fits naturally into your day. It can be used individually or with others. However you engage it, our prayer is that it leads you into deeper rest, attentiveness, and joy in God's presence.



Advent, from the Latin adventus, means "coming" or "visitation." As followers of Jesus, we live between two visitations—the first coming of the Son of God in Bethlehem and his long-awaited return. We wait for the "day of the Lord," when creation will be restored, the dead raised, and all things made new.

Advent invites us into this holy tension between already and not yet. It is a season of darkness and longing—a time to name our need for God's light. As the days grow shorter, we remember that we are a people waiting for the dawn, learning to hope in the One who has come and will come again.

The O Antiphons help give voice to this longing. These ancient prayers, dating back to the sixth century, each begin with the word "O" and a title for Christ drawn from Scripture—O Wisdom, O Lord, O Root of Jesse, and others—expressing the deep yearning of God's people for the coming Messiah. They form the basis of the hymn O Come, O Come, Emmanuel.

In this guide, we'll pray and reflect on one of the O Antiphons each day of the week, allowing these ancient words to shape our waiting and awaken our longing for Christ, the true Light of the world. Fun detail: when you take the first letters of each Latin title (Emmanuel, Rex, Oriens, Clavis, Radix, Adonai, Sapientia) in reverse order, they spell Ero cras—Latin for "Tomorrow I will come."

A Note For Families

Walking in the rhythms of grace together

Advent is already full of small rituals—lighting candles, opening Advent calendars, gathering in the evening for something meaningful and fun. Consider letting this prayer rhythm sit alongside those existing practices. It doesn't need to be long or elaborate; simply turning toward God together, even for a few quiet moments, can become a steady way of shaping your family's life with Christ.

If you have young children, expect a bit of noise, movement, and laughter. That's part of it. Prayer with kids is rarely picture-perfect, and it doesn't need to be. What matters is presence, not polish. Over time, these simple habits create space for your children—and you—to grow in attention, trust, and love.

Beginning December 1, we'll highlight the daily readings from The Biggest Story: Advent Devotional. This can serve as your family's Scripture reading each night as you gather around the Advent wreath or calendar.



Suggested Song:

Tap here or scan the QR code below to listen:



Here is one suggestion for using this prayer guide for family devotions. It offers a simplified version of the daily rhythm to make it more accessible for households with children:

CALL — Take a couple of deep breaths together and remember God's nearness. A short call-and-response works well with children (for example, "The Lord be with you" / "And also with you").

HEAR — Read one of the day's Scripture passages or that day's reading from The Biggest Story.

ABIDE — Sit quietly for a brief moment, sing a familiar song or the Doxology, or share one thing that stood out from the reading.

PRAY — Offer prayers as a family. You can use that day's prompt, pray for people you know, or simply give thanks for the day.

RECEIVE — End with a blessing or the Lord's Prayer. One family member may speak the benediction with hands raised while everyone else opens their hands to receive it.

Don't feel the need to do everything or to do it perfectly. Start small, stay steady, and let these moments become a gentle way of keeping watch together for the coming of Christ—joining the rhythms that have formed the church across centuries.

SUNDAY

NOV 30 | ADVENT 1

Psalm 122;

Isaiah 2:1-5;

Romans 13:11-14; Matthew 24:36-44

DEC 7 | ADVENT 2

Psalm 72:1-7, 18-19;

Isaiah 11:1-10:

Romans 15:4-13;

Matthew 3:1-12

The Biggest Story Advent 7
"A Begotten Son"

DEC 14 | ADVENT 3

Psalm 146:5-10;

Isaiah 35:1-10;

James 5:7-10;

Luke 1:46b-55

The Biggest Story Advent 14 "Prepare the Way"

DEC 21 | ADVENT 4

Psalm 80:1-7, 17-19;

Isaiah 7:10-16;

Romans 1:1-7;

Matthew 1:18-25

The Biggest Story Advent 21 "Out of Egypt"

DEC 28 | CHRISTMAS

Psalm 148;

Isaiah 63:7-9;

Hebrews 2:10-18; Matthew 2:13-23

Call

Hear God call you to prayer through his word:

Lift up your heads, you gates!

Rise up, ancient doors!

Then the King of glory will come in.

(Psalm 24:7)

Reflect

Read and meditate on the Psalm of the day.

Confess

Confess the reality of your sin, and your need for God's grace.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

—Kyrie Eleison, ancient Christian prayer (4th century)

Embrace

Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.

4 When the time came to completion, God sent his Son, born of a woman, born under the law, 5 to redeem those under the law, so that we might receive adoption as sons.

(Galatians 4:4-5)

O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O Wisdom, coming forth from the mouth of the Most High, reaching from one end to the other, mightily and sweetly ordering all things:

Come and teach us the way of wisdom.

Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



Pray

Allow these words to shape your own requests to God:

Almighty God, grant this grace to your people, that we may be vigilant for the coming of your only Son, that as our Savior taught us, we may prepare our souls like blazing lamps to meet him; through the same Jesus Christ our Lord.

—A prayer from the ancient Gelasian liturgy (5th century)

Ask

Bring your needs before God, knowing that he hears and cares for you.

Receive

Receive God's blessing on this day:

20 He who testifies about these things says, "Yes, I am coming soon." Amen! Come, Lord Jesus!
21 The grace of the Lord Jesus be with everyone.
Amen.
(Revelation 22:20-21)

MONDAY

DEC 1

Psalm 124; Genesis 8:1-19; Romans 6:1-11

The Biggest Story Advent 1
"The Snake Crusher Is on
His Way"

DEC 8

Psalm 21; Isaiah 24:1-16a; 1Thessalonians 4:1-12

The Biggest Story Advent 8 "Head, Hands, and Feet"

DEC 15

Psalm 42; Isaiah 29:17-24; Acts 5:12-16

The Biggest Story Advent 15
"Gentle and Lowly"

DEC 22

Luke 1:46b-55; Isaiah 33:17-22; Revelation 22:6-7, 18-20

The Biggest Story Advent 22 "O Little Town of Bethlehem"

DEC 29

Psalm 20; Jeremiah 31:15-22; Luke 19:41-44

Call

Hear God call you to prayer through his word:

- 1 Oh, that you would rend the heavens and come down, that the mountains would tremble before you!
- 2 As when fire sets twigs ablaze and causes water to boil,

come down to make your name known to your enemies and cause the nations to quake before you!

(Isaiah 64:1-2)

Reflect

Read and meditate on the Psalm of the day.

Praise

Say or sing this praise to God:

Praise God from whom all blessings flow; Praise him all creatures here below; Praise him above you heavenly host; Praise Father, Son, and Holy Ghost. Amen.

Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O Adonai, ruler of the house of Israel, who appeared to Moses in the fire of the burning bush and gave him the law on Sinai:

Come with outstretched arm to save us.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



Pray

Allow these words to shape your own requests to God:

My life is yours, O God; created by you, redeemed by you and mine again today, because you have remembered me. And now the calling of today is upon me, with its work and trial, and I go forth to it until the evening. Let your blessing go with me into whatever it brings. I do not trust myself at all. I am afraid to live, unless you keep me. I am afraid to act or to speak, unless I am guided by you. Hold me today, that I may not leave your peace or fall into sin. Amen.

—Henry Wotherspoon (1850-1930)

Ask

Bring your needs before God, knowing that he hears and cares for you.

Receive

Receive God's blessing on this day:

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen. (Ephesians 3:20-21)

TUESDAY

DEC 2

Psalm 124; Genesis 9:1-17; Hebrews 11:32-40

The Biggest Story Advent 2
"A Promised Child"

DEC 9

Psalm 21; Isaiah 41:14-20; Romans 15:14-21

The Biggest Story Advent 9 "Gifts for the King"

DEC 16

Psalm 42; Ezekiel 47:1-12; Jude 1:17-25

The Biggest Story Advent 16 "To the End of the Earth"

DEC 23

Luke 1:46b-55; 2 Samuel 7:18, 23-29; Galatians 3:6-14

The Biggest Story Advent 23 "Quiet Hearts and Loud Singing"

DEC 30

Psalm 20; Isaiah 26:1-9; 2 Corinthians 4:16-18

Call

Hear God call you to prayer through his word:

- 1 A shoot will come up from the stump of Jesse; from his roots a Branch will bear fruit.
- 2 The Spirit of the LORD will rest on him the Spirit of wisdom and of understanding, the Spirit of counsel and of might, the Spirit of the knowledge and fear of the LORD (Isaiah 11:1-2)

Reflect

Read and meditate on the Psalm of the day.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O Root of Jesse, standing as a sign among the peoples; before you kings will shut their mouths, to you the nations will make their prayer:

Come and deliver us, and do not delay.

Pray

Allow these words to shape your own requests to God:

Our Father in heaven, hallowed be your name

Thank God for who He is and His abundant faithfulness.

Your Kingdom come, your will be done on earth as it is in heaven

Pray for God's rule and reign to become a reality.

Give us this day our daily bread

Pray for God's daily provision in your life.

Forgive us our debts as we forgive our debtors

Confess your sins to the Lord, and forgive people who have wronged you.

Lead us not into temptation

Ask for God to guide you in 'paths of righteousness for His name sake'

But deliver us from evil

Pray for God's protection against any of the strategies of Satan.

For yours is the kingdom, and the power, and the glory, for ever and ever. Amen.

Receive

Receive God's blessing on this day:

20 Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, 21 equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

(Hebrews 13:20-21)

WEDNESDAY

DEC 3

Psalm 124; Isaiah 54:1-10; Matthew 24:23-35

The Biggest Story Advent 3 "A Lion from Judah"

DEC 10

Psalm 21; Genesis 15:1-18; Matthew 12:33-37

The Biggest Story Advent 10 "A Special Kind of Priest"

DEC 17

Psalm 42; Zechariah 8:1-17; Matthew 8:14-17, 28-34

The Biggest Story Advent 17 "Born to Die"

DEC 24 | CHRISTMAS EVE

Psalm 96; Isaiah 9:2-7; Titus 2:11-14; Luke 2:1-20

The Biggest Story Advent 24 "The Sun of Righteousness"

DEC 31 Psalm 20;

1 Kings 3:5-14; John 8:12-19

Call

Hear God call you to prayer through his word:

The people walking in darkness have seen a great light;

on those living in the land of deep darkness a light has dawned.

(Isaiah 9:2)

Reflect

Read and meditate on the Psalm of the day.

Confess

Confess the reality of your sin, and your need for God's grace.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace.

Embrace

Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.

"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." (1 Peter 2:24)

O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O Key of David and scepter of the house of Israel, you open and no one can shut, you shut and no one can open:

Come and free the prisoners who dwell in darkness and the shadow of death.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

Pray

Allow these words to shape your own requests to God:

O you who are full of compassion, I commit and commend myself unto you, in whom I am, and live, and know. Be the goal of my pilgrimage, and my rest by the way. Let my soul take refuge from the crowding turmoil of worldly thoughts beneath the shadow of your wings; let my heart, this sea of restless waves, find peace in you, O God. Amen.

—Augustine, Bishop of Hippo in North Africa, (354–430)

Ask

Bring your needs before God, knowing that he hears and cares for you.

Receive

Receive God's blessing on this day:

23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.

(1 Thessalonians 5:23-24)



Waiting

God's story has always been marked by waiting.

Abraham waited decades for a child. Joseph waited in prison for justice. Moses waited in obscurity before God called him. Israel waited—under slavery, in the wilderness, under broken leaders, and through long years of exile. Even after returning home, they waited again, longing for a word from the Lord.

Jesus himself spent thirty quiet years before stepping into his public ministry. The early church waited through persecution, suffering, and uncertainty. Waiting is not a detour in the life of faith—it is the path we've inherited.

Advent meets us right here.

It teaches us to sit in the dark without rushing to the light. To feel the ache of what is not yet healed. To name the longing without trying to fix it too quickly. Scripture shows us that God does not avoid our waiting—he uses it. He forms us there. He meets us there.

This is why the church has long called patience a holy virtue. Waiting stretches our trust, deepens our hope, and teaches us how to love God not only for what he gives, but for who he is.

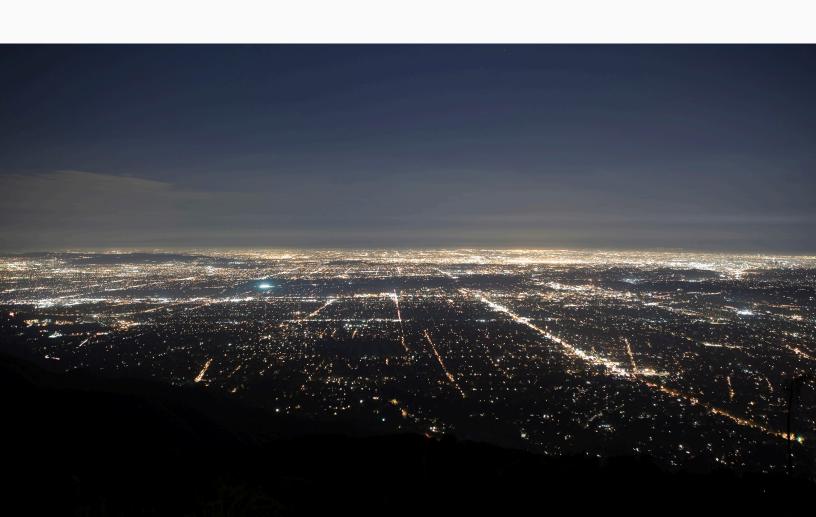
Here is a simple way to practice waiting in prayer:

Bring Your Longing— Bring before God what you are waiting for. A situation you long to see healed. A prayer that feels unanswered. A hurt that remains. Let yourself be honest.

Rest in God's Presence — Sit quietly before the Lord. Not to solve the problem, but to place your attention back in his hands. Scripture says, "Be still before the Lord and wait patiently for him" (Psalm 37:7). Stillness doesn't fix everything—but it re-centers us in God's presence.

Open Your Hands— Let your body help your soul pray. Open your hands, palms up, as a way of releasing control. Or rest in silence, remembering that God never slumbers or sleeps (Psalm 121:4). Recall how he has been faithful before—both in Scripture and in your own story.

Advent does not rush us past waiting. It invites us to remain there, trusting that God is still at work in the dark, and that light is coming.



THURSDAY

DEC 4

Psalm 72:1-7, 18-19; Isaiah 4:2-6; Acts 1:12-17, 21-26

The Biggest Story Advent 4
"A Star from Jacob"

DEC 11

Psalm 146:5-10; Ruth 1:6-18; 2 Peter 3:1-10

The Biggest Story Advent 11 "God with Us"

DEC 18

Psalm 80:1-7, 17-19; 2 Samuel 7:1-17; Galatians 3:23-29

The Biggest Story Advent 18 "The Lord Our Righteousness"

DEC 25 | CHRISTMAS DAY

Psalm 98; Isaiah 52:7-10; Hebrews 1:1-4, (5-12); John 1:1-14

The Biggest Story Advent 25 "His Name Is Jesus"

JAN 1

Psalm 8; Ecclesiastes 3:1-13; Revelation 21:1-6a; Matthew 25:31-46

Call

Hear God call you to prayer through his word:

1 The desert and the parched land will be glad; the wilderness will rejoice and blossom. Like the crocus,

2 it will burst into bloom; it will rejoice greatly and shout for joy. (Isaiah 35:1-2)

Reflect

Read and meditate on the Psalm of the day.

Praise

Say or sing this praise to God:

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O Dayspring, splendor of eternal light and sun of righteousness:

Come and shine on those who dwell in darkness and the shadow of death.

Confess

Confess your faith with these words.

I believe in God the Father Almighty, Maker of heaven and earth.

I believe in Jesus Christ, his only-begotten Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate; was crucified, dead, and buried; he descended into hell; the third day he rose again from the dead; he ascended into heaven, and sits at the right hand of God the Father Almighty; from there he shall come to judge the living and the dead.

I believe in the Holy Spirit; the holy catholic church; the communion of saints; the forgiveness of sins; the resurrection of the body; and the life everlasting. Amen.

—The Apostles' Creed (2nd Century)

Ask

Bring your needs before God, knowing that he hears and cares for you.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



Receive

Receive God's blessing on this day:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

(Romans 15:13)

FRIDAY

DEC 5

Psalm 72:1-7, 18-19; Isaiah 30:19-26; Acts 13:16-25

The Biggest Story Advent 5 "A Prophet Like Moses"

DEC 12

Psalm 146:5-10; Ruth 4:13-17; 2 Peter 3:11-18

The Biggest Story Advent 12 "A Great Light"

DEC 19

Psalm 80:1-7, 17-19; 2 Samuel 7:18-22; Galatians 4:1-7

The Biggest Story Advent 19 "Lamentation and Bitter Weeping"

DEC 26

Psalm 148; Acts 7:59-8:8

JAN 2

Psalm 20; Genesis 12:1-7; Hebrews 11:1-12

Call

Hear God call you to prayer through his word:

"But you, Bethlehem Ephrathah,
though you are small among the clans of Judah,
out of you will come for me
one who will be ruler over Israel,
whose origins are from of old,
from ancient times."

(Micah 5:2)

Reflect

Read and meditate on the Psalm of the day.

Confess

Confess the reality of your sin, and your need for God's grace.

Almighty God, unto whom all hearts are open, all desires known, and from whom no secrets are hidden— cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, so that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.

—Book of Common Prayer (1552)

Embrace

Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.

"For I will forgive their wickedness and will remember their sins no more." (Jeremiah 31:34)

Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O King of the nations and their desire, the cornerstone that makes us one:

Come and save the human race, which you fashioned from clay.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



Pray

Allow these words to shape your own requests to God:

Sunrise marks the hour for us to begin our toil, but in our souls, Lord, prepare a dwelling for the day that will never end. Grant that we may come to know the risen life and that nothing may distract us from the delights you offer. Through our unremitting zeal for you, Lord, set upon us the sign of your day that is not measured by the sun.

—Ephrem the Syrian (ca. 306–373 CE)

Ask

Bring your needs before God, knowing that he hears and cares for you.

Receive

Receive God's blessing on this day:

10 "Shout and be glad, Daughter Zion. For I am coming, and I will live among you," declares the LORD. 11 "Many nations will be joined with the LORD in that day and will become my people. (Zechariah 2:10-11)

SATURDAY

Call

DEC 6 Psalm 72:1-7, 18-19; Isaiah 40:1-11;

John 1:19-28

The Biggest Story Advent 6
"A Son of David"

DEC 13

Psalm 146:5-10; 1 Samuel 2:1-8; Luke 3:1-18

The Biggest Story Advent 13 "The Stump of Jesse"

DEC 20

Psalm 80:1-7, 17-19; 2 Samuel 7:23-29; John 3:31-36

The Biggest Story Advent 20 "One Like a Son of Man"

DEC 27

Psalm 148; Proverbs 8:22-31; 1 John 5:1-12

JAN 3

Psalm 72; Genesis 28:10-22; Hebrews 11:13-22 Hear God call you to prayer through his word:

Therefore the Lord himself will give you a sign:

The virgin will conceive and give birth to a son, and will call him Immanuel.

(Isaiah 7:14)

Reflect

Read and meditate on the Psalm of the day.

Praise

Say or sing this praise to God:

Praise God from whom all blessings flow; Praise him all creatures here below; Praise him above you heavenly host; Praise Father, Son, and Holy Ghost. Amen.

Hear

Read through the other passages of the day, and pray that the Spirit would speak to you.

Abide

Pause and enjoy communion with the living God: Father, Son, and Holy Spirit. <u>Tap here</u> or scan the QR code below to listen to a suggested song as you do so:



O Antiphon

Meditate on this stanza from the O Antiphons (ca. 700):

O Emmanuel, our king and our lawgiver, the hope of the nations and their Savior: **Come and save us, O Lord our God.**

Pray

Allow these words to shape your own requests to God:

Our Father in heaven, hallowed be your name Thank God for who He is and His abundant faithfulness.

Your Kingdom come, your will be done on earth as it is in heaven

Pray for God's rule and reign to become a reality.

Give us this day our daily bread

Pray for God's daily provision in your life.

Forgive us our debts as we forgive our debtors Confess your sins to the Lord, and forgive people

who have wronged you.

Lead us not into temptation

Ask for God to guide you in 'paths of righteousness for His name sake'

But deliver us from evil

Pray for God's protection against any of the strategies of Satan.

For yours is the kingdom, and the power, and the glory, for ever and ever. Amen.

Receive

Receive God's blessing on this day:
See, darkness covers the earth
and thick darkness is over the peoples,
but the LORD rises upon you
and his glory appears over you.
(Isaiah 60:2)

NOTES

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About Grace Pasadena

Grace Pasadena is a community rooted in the life-giving grace of Jesus. In a world that is often hurried, fractured, and weary, we long to be a place where people encounter his presence, find rest in his love, and are sent out to share that grace with others.

Our mission, vision, and values flow out of this hope—shaping who we are and how we live as a church in Pasadena and beyond.

Mission

Grace Pasadena exists to experience and extend the life-giving grace of Jesus.

Vision

We envision a community transformed by grace—where renewed lives and healed relationships bring hope and flourishing to Pasadena and beyond.

We Live This Out

- As we grow in the knowledge of the gospel
- In every sphere of life
- For the good of our neighborhoods, city, and the world

Want to learn more or get connected? <u>Tap here</u> or scan the QR code below.



