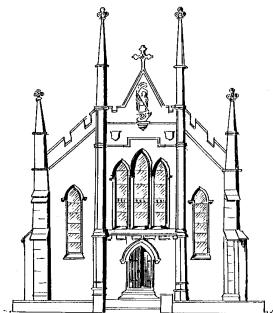


# DAILY PRAYERS

## 4<sup>th</sup> SUNDAY OF ADVENT



**HOLY TRINITY & ST GEORGE  
CATHOLIC CHURCH**  
Serving Kendal and Sedbergh

**[www.kendalcatholicchurch.uk](http://www.kendalcatholicchurch.uk)**

# Sunday - Advent Week 4 (Year A) 21<sup>st</sup> December

## Collect:

Pour forth, we beseech You, O Lord,  
Your grace into our hearts,  
that we, to whom the Incarnation of Christ Your Son  
was made known by the message of an Angel,  
may by His Passion and Cross  
be brought to the glory of His Resurrection.  
Who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Matthew 1:18-24

## Today's prayer

*The days from 17<sup>th</sup> to the 23<sup>rd</sup> December make up a special time and during these days at Evening Prayer there are special antiphons, or verses, that are read or sung before the Magnificat, they are known as the 'O Antiphons'. The exact origin of the 'O Antiphons' is not known. Boethius (c. 480-524) made a reference to them, thus telling us they were in use in his day. At the Benedictine abbey of Fleury they were recited by the abbot and other abbey leaders in descending rank, and then a gift was given to each member of the community. By the eighth century, they were in use in the liturgical celebrations in Rome. We can conclude that in some fashion the 'O Antiphons' have been part of our liturgical tradition as they were of the early Church. The importance of the 'O Antiphons' is twofold: Each one highlights a title for the Messiah: and each one refers to the prophecy of Isaiah of the coming of the Messiah. We will use them this week for our daily prayer and reflection in anticipation of the Messiah's birth at Christmas.*

## O Oriens:

O Radiant Dawn, splendour of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.

*Isaiah had prophesied:*

The people who walked in darkness have seen a great light; upon those who dwelt in the land of gloom a light has shown. (Isaiah 9:1).

Come, Lord Jesus, do not delay!

# Monday – Advent Week 4

22<sup>nd</sup> December

## Collect:

O God, who, seeing the human race fallen into death, willed to redeem it by the coming of Your Only Begotten Son, grant, we pray, that those who confess His Incarnation with humble fervour may merit His company as their Redeemer. Who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 1: 46-56

## Today's prayer:

### O Radix Jesse...

O shoot of Jesse's stem, You have been raised up as a sign for all peoples; kings stand silent in Your presence; the nations bow down in worship before You.

Come, let nothing keep You from coming to our aid.

## *Isaiah had prophesied:*

But a shoot shall sprout from the stump of Jesse, and from His roots a bud shall blossom. (*Isaiah 11:1*), and, On that day, the root of Jesse, set up as a signal for the nations, the Gentiles shall seek out, for his dwelling shall be glorious. (*Isaiah 11:10*). Remember also that Jesse was the father of King David, and Micah had prophesied that the Messiah would be of the house and lineage of David and be born in David's city, Bethlehem (*Micah 5:1*).

Come, Lord Jesus, do not delay!

Come, Lord Jesus, do not delay!

Come, Lord Jesus, do not delay!

# Tuesday - Advent Week 4

23<sup>rd</sup> December

## Collect:

Almighty ever-living God,  
as we see how the Nativity of Your Son  
according to the flesh draws near,  
we pray that to us, Your unworthy servants,  
mercy may flow from Your Word,  
who chose to become flesh of the Virgin Mary  
and establish among us His dwelling, Jesus Christ our Lord.  
Who lives and reigns with You in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 1:57-66

## Today's prayer: O Emmanuel:

O Emmanuel, King and Lawgiver, desire of the nations, Saviour of all people, come and set us free, Lord our God.

*Isaiah had prophesied:*

The Lord Himself will give you this sign: the Virgin shall be with child, and bear a son, and shall name Him Emmanuel (Isaiah 4:14).

*Emmanuel means God is with us.*

Come, Lord Jesus, do not delay!  
Come, Lord Jesus, do not delay!  
Come, Lord Jesus, do not delay!

*There were many devices used to teach the faith in the medieval church. This is one of them - an acrostic: If we start with the last title and take the first letter of each one – Emmanuel, Rex, Oriens, Clavis, Radix, Adonai, Sapientia – we come up the Latin words ERO CRAS meaning, "Tomorrow, I will be [there]!" Therefore, the Lord Jesus, whose coming we have prepared for throughout Advent and whom we have considered in the seven Messianic titles, now speaks to us: He says, "Tomorrow, I will be [there]!" So, the 'O Antiphons' not only bring an intensity to our Advent preparation, they also prepare and lead us into its truly joyful conclusion!*

# Wednesday – Christmas Eve

24<sup>th</sup> December

## Collect:

Come quickly, we pray, Lord Jesus,  
and do not delay,  
that those who trust in Your compassion  
may find solace and relief in Your coming.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Luke 1: 67-79

## Today's prayer:

*An additional "O' Antiphon"*

*(This antiphon was used in the Sarum Rite (but not in the Roman) for December 24, it is still used in the Norbertine Breviary:*

## **O Virgo Virginum:**

O Virgin of virgins, how shall this be? For neither before you was any like you, nor shall there be after. Daughters of Jerusalem, why marvel at me? The thing which you behold is a divine mystery.

*Isaiah had prophesied:*

The Lord will give you this sign: the Virgin shall conceive, and bear a son, and shall call Him Emmanuel, meaning, "God is with us." (Isaiah 7:14).

Come, Lord Jesus, do not delay!  
Come, Lord Jesus, do not delay!  
Come, Lord Jesus, do not delay!

# Thursday - Christmas Day

## Collect:

Grant, we pray, almighty God,  
that, as we are bathed in the new radiance of Your incarnate Word,  
the light of faith, which illuminates our minds,  
may also shine through in our deeds.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel reading:** Lk 1:46-56

## Today's prayer:

O sweet Child of Bethlehem,  
grant that we may share with all our hearts  
in this profound mystery of Christmas.  
Put into the hearts of all men and women  
this peace for which they sometimes seek so desperately  
and which You alone can give to them.  
Help them to know one another better,  
and to live as brothers and sisters,  
children of the same Father.

Reveal to them also Your beauty, holiness, and purity.  
Awaken in their hearts  
love and gratitude for Your infinite goodness.  
Join them all together in Your love  
and give us all Your heavenly peace. Amen.

*Pope St John XXIII*

## O come let us adore Him, Christ the Lord!

*O great mystery, and wonderful sacrament,  
that animals should see the newborn Lord, lying in a manger!  
Blessed is the virgin whose womb was worthy to bear  
the Lord, Jesus Christ. Alleluia!*

# Friday – St Stephen’s Day

Proto-Martyr

*patron saint of Altar server, Deacons, Bricklayer, coffin makers, headache sufferers, horses and stone masons*

## Collect:

Almighty ever-living God,  
as we see how the Nativity of your Son  
according to the flesh draws near,  
we pray that to us, your unworthy servants,  
mercy may flow from your Word,  
who chose to become flesh of the Virgin Mary  
and establish among us his dwelling,  
Jesus Christ our Lord.

Who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever

**Today’s Gospel:** Luke 1:57-66

## Today’s prayer:

We give You thanks,  
O Lord of glory,  
for the example of the first martyr, St Stephen,  
who looked up to Heaven and prayed  
for his persecutors to Your Son Jesus Christ,  
who stands at Your right hand,  
where He lives and reigns with You  
and the Holy Spirit, One God,  
in glory everlasting. Amen.

St Stephen, Pray for us

# Saturday – St John the Evangelist

“The Apostle of Love” - *since he constantly taught that without love we cannot come near to God.*

*patron saint of theologians, writers and authors, editors, bookbinders and printers, friendship, love and charity, artists and painters, those suffering from poisoning, those suffering from burns, contemplatives and those seeking deeper prayer*

## Collect:

Come quickly, we pray, Lord Jesus,  
and do not delay,  
that those who trust in Your compassion  
may find solace and relief in Your coming.  
Who live and reign with God the Father  
in the unity of the Holy Spirit,  
God, for ever and ever. Amen.

**Today's Gospel:** Luke 1:67-79

## Today's prayer:

O dear Saint John the Apostle,  
through you, I renew my commitment to the Lord,  
reaffirming the holy resolutions I have often made  
to love and serve Him faithfully.  
I am determined to detach myself from all earthly things,  
and I deeply desire to unite myself to Him,  
as my beginning, my end, and my greatest good.  
Beloved Saint, I ask you to offer to the Most Holy Trinity  
the sacrifice of my entire being,  
especially my judgment and will,  
so that I may be fully conformed to God's holiness.  
For I desire nothing more than His grace and His holy love.

St John, Pray for us