

Advent Prayer Walks

Introduction:

Advent prayer walks provide an opportunity to take a deep breath, to slow down, and to reflect on our day during this season. These prayer walks are based on the Daily Examen and also include a number of Scripture verses often read during Advent.

What is the Daily Examen?

The Daily Examen is a spiritual practice of contemplative prayer that comes out of the Jesuit tradition. Through simple steps of becoming aware of God's presence and reflecting on the day, the Daily Examen invites us to pause and seek God in all things.

What is Advent?

Advent is a season of the church year that takes place in the weeks leading up to Christmas. It focuses on waiting as we prepare our hearts and lives for the coming of Christ.

Where to Pray:

- 1: Before entering the labyrinth
- 2: Journeying towards the center
- 3: At the center
- 4: Journeying away from the center
- 5: As you exit the labyrinth and return



Additional Resources

For more advent resources, please visit granitesprings.org/advent or scan the QR codes provided.

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1

Ask God for Light

Take a deep breath. Slow your thoughts. Quiet your heart. Ask God to illuminate your day and show it to you through his eyes.

"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

Review the Day with Rejoicing

Think over your day. What surprised you? What did you recognize as gifts? Bring these before the Lord in gratitude, thanking God for the gift of this day.

"Rejoice greatly, Daughter Zion! Shout, Daughter Jerusalem!
See, your king comes to you, righteous and victorious,
lowly and riding on a donkey, on a colt, the foal of a donkey."

-Zechariah 9:9

2

Pay Attention to Your Emotions

Take a moment to reflect on when God felt especially present today. Think about the times when he might have felt hidden. How did you feel in these moments? Bring your emotions before the Lord.

"Comfort, comfort my people,
says your God.
Speak tenderly to Jerusalem,
and proclaim to her
that her hard service has been completed,
that her sin has been paid for,
that she has received from the Lord's hand
double for all her sins."

-Isaiah 40:1-2

3

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Pray that God would Reveal Himself to You

As you pray, ask God to show himself to you in the big and the little parts of your life. In what areas do you need the presence of Jesus, the Wonderful Counselor? The Mighty God? The Everlasting Father? The Prince of Peace?

"For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace."
-Isaiah 9:6



Be Sent Forth with God's Blessing

Release the moments where you have felt far from God today, knowing his forgiveness and grace covers us. Cherish the moments that have been gifts from him today. Hear his call to continued, quiet obedience. If there is anything else you'd like to bring before God today, do so now.

(quiet reflection)

Arise, shine, and go into the world knowing you are called by God and held by him, that he goes before you to lead you, behind you to protect you, beneath you to support you, and beside you to befriend you. Do not be afraid. May the blessing of God the Father, Son, and Holy Spirit be upon you. Do not be afraid. Amen.

"Arise, shine, for your light has come,
and the glory of the Lord rises upon you."
-Isaiah 60:1



For additional advent resources, please visit granitesprings.org/advent. If you would like to participate in our weekly guided prayer walks, you are invited to join us on Wednesdays (December 6th, 13th, and 20th) at noon.