



TEN WAYS TO GROW CLOSER TO CHRIST PRAYING THE FAITH DURING ADVENT, 2016

Archdiocesan Women's Conference

Saturday, February 4, 2017

For more information and registration:

<https://www.archwomensconference.org/>

<p>#1 DAILY PRAYER</p>	<p>Spend time with God every day during Advent. United States Conference of Catholic Bishops Daily Readings and Video Reflections: http://www.usccb.org/bible/readings/110816.cfm Sacred Space: http://sacredspace.ie/; Pray As You Go: http://www.pray-as-you-go.org/home/ Creighton Online Ministry - One Prayer a Day for Advent: http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/Daily-prayers-01.html</p>
<p>#2 SCRIPTURE</p>	<p>Pray with Old Testament and Gospel stories. "O" Antiphons: http://www.rc.net/wcc/antiphon.htm The Advent Revolution: https://www.youtube.com/watch?v=jz-l8rEIdEc Praying With Isaiah during Advent: http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/Praying-with-Isaiah.html</p>
<p>#3 TRADITION</p>	<p>Discover the importance of Catholic tradition - so old it's new again! Advent Prayers, Novenas, and Litanies: http://catholicism.about.com/od/adventprayers/ Advent Hymn - "O Come, O Come, Emmanuel": https://www.youtube.com/watch?v=RTsCC0hwL5g Advent: Waiting for Jesus: https://www.youtube.com/watch?v=AySe5pZnwig</p>
<p>#4 ENVIRONMENT</p>	<p>Change your prayer environment. Create a Family Prayer Space: http://pophouston.org/news/how-to-make-a-prayer-space Blessing Your Advent Wreath: http://catholicism.about.com/od/catholicliving/ht/Adv_Wreath_BI.htm Develop a Prayer Routine: https://www.youtube.com/watch?v=Z87LUQA16Kk</p>
<p>#5 JESUS</p>	<p>Open your heart to Jesus. Praying The Jesus Prayer: http://www.ourcatholicprayers.com/jesus-prayer.html Reconciliation: http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/reconciliation-advent.html The Spirituality of Advent - Getting Ready for Jesus: https://www.youtube.com/watch?v=MAWnDA5cWD8</p>
<p>#6 IMAGES</p>	<p>Focus on images instead of words. Icons/Paintings: http://icatholic.org/article/icons-for-advent-a-different-way-to-pray-8177297 Prepare a Christmas Crèche: http://archive.wf-f.org/Creche.html Advent Meditation: https://www.youtube.com/watch?v=ErReZOtuGHw</p>
<p>#7 POSTURE</p>	<p>Try incorporating different prayer postures. Five Traditional Postures for Prayer: http://www.kencollins.com/worship/pray-20.htm Postures and Gestures at Mass: http://www.sacredhearttx.org/78 Labyrinth Meditative Walking: http://votf.org/page/labyrinth-prayer-and-meditation/17173</p>
<p>#8 PSALMS</p>	<p>Pray with the Psalms. The Advent Door - Entering a Contemplative Christmas: http://adventdoor.com/category/psalms/ Reflection on the Psalms of Advent: http://www.canticanova.com/articles/xmas/art1d1.htm Advent Meditations on Psalm 80 and 85: http://prayerbook.ca/wp-content/uploads/2014/06/Turn-us-Advent-2015-Meditations-on-Psalms-80-and-85.pdf</p>
<p>#9 WRITE</p>	<p>Write a prayer to God. Keep a Prayer Journal: http://lifeteen.com/blog/letters-to-god-5-reasons-to-keep-a-journal/ Make a Family Prayer Jar: http://kidsstuffnews.blogspot.com/2015/03/devotional-tips-prayer-jar.html Spiritual Disciplines - Written Prayers: https://www.youtube.com/watch?v=J_-GoKi6T0</p>
<p>#10 PILGRIMAGE</p>	<p>Visit God in your past, present, and future. Jesse Tree - Family Genealogy: http://christianity.about.com/od/christmas/qt/jesstreeadvent.htm Catholic Advent Customs: https://www.catholiccompany.com/getfed/how-to-celebrate-advent-like-a-catholic/ Praying Advent as Parents - Bringing Children into Prayer: http://onlineministries.creighton.edu/CollaborativeMinistry/Advent/parents.html</p>