

**Anam Cara Sojourners**  
**Celtic Morning Prayer for Advent 2020**

*From Sounds of the Eternal by J. Philip Newell  
and Celtic Advent: 40 days of devotions to Christmas*

**DAY 1**

**Opening Words**

“Happy are those whose hearts do not condemn them, and who have not given up hope.” – *Ecclesiasticus 14:2*

*(Be still and aware of God’s presence within and all around)*

**Opening Prayer**

You are above us, O God,  
you are within.  
You are in all things  
yet contained by no thing.  
Teach us to seek you in all that has life  
that we may see you as the Light of life.  
Teach us to search for you in our own depths  
that we may find you in every living soul.

**Scripture & Meditation**

*From Celtic Advent: 40 Days of devotions to Christmas*

**Prayer of the Day**

*From Celtic Advent: 40 Days of devotions to Christmas*

**Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

**Closing Prayer**

Before us in the planned shape of this day  
we look for unexpected surgings of new life.  
Around us in the people whom we know and love

we look for unopened gifts of promise.  
Within us in the familiar sanctuary of our own soul  
we look for shinings of the everlasting light.  
Before us, around us, within us  
we look for your life-giving mystery, O God,  
before us, around us, within us.

## **DAY 2**

### **Opening Words**

“Happy are those who meditate on wisdom, who reflect in their heart on her ways and ponder her secrets.” –*Ecclesiasticus 14:20-21*

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

In the silence of the morning  
we are alive to the new day’s light,  
alert to the early stirrings of the wind  
and the first sounds of the creatures.  
In the silence of our heart  
we hear the yearnings that are in us and the fears,  
the hopes that rise from within  
and the doubts that trouble our soul.  
In the beginning of this day, O God,  
before night’s stillness is lost to the day’s busyness,  
open to us the treasure of our inner being  
that in the midst of this day’s busyness  
we may draw on wisdom.  
Assure us again of our origins in you,  
assure us again that our true depths are of you.

### **Scripture & Meditation**

From *Celtic Advent: 40 Days of devotions to Christmas*

## **Prayer of the Day**

From *Celtic Advent: 40 Days of devotions to Christmas*

## **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

## **Closing Prayer**

Like an infant's open-eyed wonder  
and the insights of a wise grandmother,  
like a young man's vision for justice  
and the vitality that shines in a girl's face,  
like tears that flow in a friend bereaved  
and laughter in a lover's eyes,  
you have given us ways of seeing, O God,  
you have endowed us with sight like your own.  
Let these be alive in us this day,  
let these be alive in us.

## **DAY 3**

### **Opening Words**

"You lift up the soul, O God, and make the eyes sparkle. You give health and life and blessing." *—Ecclesiasticus 34:20*

*(Be still and aware of God's presence within and all around)*

### **Opening Prayer**

As daylight breaks the darkness of night,  
as the first movements of morning pierce the night's stillness,  
so a new waking to life dawns within us,  
so a fresh beginning opens.  
In the early light of this day,  
in the first actions of the morning,  
let us be awake to life.  
In our soul and in our seeing  
let us be alive to the gift of this new day,

let us be fully alive.

### **Scripture & Meditation**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayer of the Day**

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### **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

### **Closing Prayer**

The strength of the rising sun,  
the strength of the swelling sea,  
the strength of the high mountains,  
the strength of the fertile plains,  
the strength of the everlasting river  
flowing in us and through us this day,  
the strength of the river of God  
flowing in us and through us this day.

## **DAY 4**

### **Opening Words**

“Those who rise early to seek God will find blessing.” –*Ecclesiasticus 32:14*

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

In the silence before time began,  
in the quiet of the womb,  
in the stillness of early morning  
is your beauty.  
At the heart of all creation,  
at the birth of every creature,  
at the centre of each moment

is your splendor.

Rekindle in us the sparks of your beauty  
that we may be part of the splendor of this moment.

Rekindle in us the sparks of your beauty  
that we may be part of the blazing splendor  
that burns from the heart of this moment.

### **Scripture & Meditation**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayer of the Day**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

### **Closing Prayer**

That in the elements of earth, sea and sky  
we may see your beauty,  
that in wild winds, birdsong and silence  
we may hear your beauty,  
that in the body of another and the interminglings of relationship  
we may touch your beauty,  
that in the moisture of the earth and its flowering and fruiting  
we may smell your beauty,  
that in the flowing waters of springs and streams  
we may taste your beauty,  
these things we look for this day, O God,  
these things we look for.

## **DAY 5**

### **Opening Words**

“From the rising of the sun to its setting the Mighty One speaks and summons the earth.” –*Psalm 50:1*

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

With you is the source of life, O God.  
You are the beginning of all that is.  
From your life the fire of the rising sun streams forth.  
You are the life-flow of creation’s rivers,  
the sap of blood in our veins,  
earth’s fecundity,  
the fruiting of trees,  
creatures’ birthing,  
the conception of new thought,  
desire’s origin.  
All these are of you, O God,  
and we are of you.  
You are the morning’s freshness.

### **Scripture & Meditation**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayer of the Day**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

### **Closing Prayer**

In the gift of this new day,  
in the gift of the present moment,  
in the gift of time and eternity intertwined

let us be grateful  
let us be attentive  
let us be open to what has never happened before,  
in the gift of this new day,  
in the gift of the present moment,  
in the gift of time and eternity intertwined.

## **DAY 6**

### **Opening Words**

“You make the gateways of the morning and the evening shout for joy.” –*Psalm 65:8*

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

In the light of the high heavens  
and infinity of dawns in space,  
in the darkness of ocean depths  
and the sea’s ceaseless waves,  
in the glistening of a creature’s eyes  
and the dark life-blood that ever flows,  
in every emanation of creation’s life  
and the warmth that moves our bodies,  
in the inner universe of the soul  
and its everlasting foundations  
your glory glows, O God.  
In every shining of the world’s inwardness  
and the warmth that moves our everliving soul  
your glory glows.

### **Scripture & Meditation**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayer of the Day**

From *Celtic Advent: 40 Days of devotions to Christmas*

## **Prayers of Thanksgiving & Intercession**

*(Pray for the coming day and for the life of the world)*

### **Closing Prayer**

That your glory rises in the morning sun  
and sparkles off flowing waters,  
that the glory of the everlasting world  
shines in this world  
growing from the ground  
and issuing forth in every creature,  
that glory can be handled, seen and known  
in the matter of earth and human relationship  
and in the most ordinary matters of daily life,  
assure us again this day, O God,  
assure us again this day.

## **DAY 7**

### **Opening Words**

“Wait for God, be strong and let your heart take courage, wait for God.” –*Psalms*  
27:14

*(Be still and aware of God’s presence within and all around)*

### **Opening Prayer**

Early in the morning we seek your presence, O God,  
not because you are ever absent from us  
but because often we are absent from you  
at the heart of each moment  
where you forever dwell.  
In the rising of the sun,  
in the unfolding colour and shape of the morning  
open our eyes to the mystery of this moment  
that in every moment  
we may know your life-giving presence.  
Open our eyes to this moment



that in every moment  
we may know you as the One who is always now.

### **Scripture & Meditation**

From *Celtic Advent: 40 Days of devotions to Christmas*

### **Prayer of the Day**

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*(Pray for the coming day and for the life of the world)*

### **Closing Prayer**

In the many details of this day  
let us be fully alive.  
In the handling of food  
and the sharing of drink,  
in the preparing of work  
and the uttering of words,  
in the meeting of friends  
and the interminglings of relationship  
let us be alive to each instant, O God,  
let us be fully alive.