



## Preparing

Turn your thoughts towards Mary.  
A young Palestinian girl, not yet married.  
Recall the visit of the angel who told her she was to be the mother of God's son, Jesus, the long awaited Messiah.  
Reflect on her unreserved response to God and her trust and faith in him.  
Bring to God, in faith and trust, the problems and challenges that you face in your life.

## Journeying

Reflect on the long and difficult journey that Mary and Joseph had to make to Bethlehem and then to find that there was no accommodation.  
Bring to God all those who have nowhere, those who feel rejected by society.  
Notice that eventually someone was prepared to help and the stable was offered to the weary couple.  
Give thanks to God for those who do care; who are aware of others' needs and take appropriate action.

## Arriving

And now reflect on the joy and wonder on the faces of Mary and Joseph as they gaze on their baby.  
Give thanks to God for the gift of his Son, Jesus Christ, the Saviour of the world.  
*O come, O come Emmanuel  
and teach me to appreciate  
the special friends you have given me.  
Thank you for the times we spend together,  
for the news we share,  
for the ways we laugh and the tears we cry.*

“I have come that they may have life,  
and have it to the full”  
(WORDS OF JESUS FROM JOHN 10:10)



DIOCESE OF GLOUCESTER

Based on an idea from the Diocese of Hereford

**Using this Candle Prayer Card**  
In a quiet place, where you feel comfortable, place your night-light on a heat resistant surface. Fold this paper lengthwise and then fold into three, placing it around the candle with the three prayer sections facing you, as shown in the diagram on the right.  
Light the candle. In the stillness and the silence, let the flame focus your thoughts and attention. Let your heart and mind become still. Rest in God's presence.  
Use each of the sections in turn to give focus to your prayer.