



# A Journey through Advent

Week 4: Thursday

**O Morning star,  
radiance of eternal  
light, sun of justice,  
come and enlighten  
those who live in  
darkness  
and in the shadow of  
death.**

Gospel Acclamation



In today's gospel we have the Benedictus, the prayer of Zechariah, which has also been used as part of the prayer of the Church since at least the sixth century.

Zechariah's faith and commitment have restored his voice and he speaks tenderly of his son's role in preparing the way for the Lord. He sings of the love of God for his people throughout history - a song of joy looking to the future salvation, forgiveness, mercy and light to be brought by Jesus to the world.

In this day before the great feast of the Nativity let us pray for an increase in faith, hope and love that we may accept wisely the gift of salvation and share in Zechariah's prayer that God may "guide our feet into the way of peace".

adapted from *jesuit.org.uk* and *godsdogz.op.org*

## Music to listen to...

***Blest be the Lord***

<https://www.youtube.com/watch?v=hPBw-1ZHCnw>

***When love was born***

<https://www.youtube.com/watch?v=aKSU9Dbxvrw>

## A Mindful Moment...

Truly savour what you eat and drink. Slow down and enjoy the tastes and textures.

## A Thought to Carry Through the Day...

I've always believed that things will get better. The sun will shine again, the birds will sing, and we'll all have a lovely day tomorrow.

*100-year-old fundraiser  
Captain Sir Tom Moore*

**How green is your Advent?** Re-use or recycle all the wrapping paper.

from an idea in *Jesuits and Friends Advent Calendar 2020*