

# Worthing Deanery Prayer

The theme of this week 12<sup>th</sup> December 2016.



## Joy and Incarnation

### Reflection

The Gospel on the Third Sunday of Advent is about the joy and expectation of the “Incarnation” and is called “Gaudete” Sunday when we “rejoice” that the Saviour is almost here. We light the pink candle on the Advent Wreath to symbolise this joyful feeling of expectation. “Prepare for the coming of the Lord. Make his paths straight.” Jesus sends a message to John who is in prison; “Go and tell John what you hear and see: the blind see, the lame walk, lepers are healed, the deaf hear, the dead raised and the poor hear the good news being proclaimed to them.” John hears this message from Jesus and knows at once that the Saviour is walking among them. We are half way through the season of Advent and hopefully we have been praying and preparing spiritually to receive Jesus in our hearts. The word ‘repent’ comes from the Greek and means ‘mind’ and is linked to ‘metanoia’ which means ‘change of heart.’ Let us continue to change and open our hearts to our Saviour who is Christ the Lord.

### Prayer

Lord, you are sending your only Son into this world. Help us to renew and rekindle our faith and belief in the message of eternal life. We accept the gift of waiting and expectant joy this Advent. We make this prayer through Christ our Lord. Amen.

### From the bible

“..the Good News is proclaimed to the poor; and happy are those who do not lose faith in me.”