

MY SPIRIT
Rejoices

**Daily
Prayers
for
Advent**

Sandi Geis

“My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowly state of his servant. Surely from now on all generations will call me blessed, for the Mighty One has done great things for me, and holy is his name; indeed, his mercy is for those who fear him from generation to generation. He has shown strength with his arm; he has scattered the proud in the imagination of their hearts. He has brought down the powerful from their thrones and lifted up the lowly; he has filled the hungry with good things and sent the rich away empty. He has come to the aid of his child Israel, in remembrance of his mercy, according to the promise he made to our ancestors, to Abraham and to his descendants forever.”

LUKE 1:46-55



Introduction

Advent is a season of joy as we anticipate the celebration of Jesus' birth and look forward to the day he will come again. Yet so many other things compete for our attention this time of year. Busy schedules, shopping lists, relationship tensions or grief can dampen our spirits, causing us to lose sight of Jesus. But Jesus' mother, Mary, reminds us that when we magnify the Lord, our spirits are free to rejoice in God our Savior above all else. May these Advent prayers help us add our own joyous refrain to Mary's song as we focus on Jesus, who has done great things for us.

SANDI GEIS, AUTHOR



WEEK 1 THEME

My Spirit Rejoices in God's Favor

The First Sunday of Advent

And Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowly state of his servant. Surely from now on all generations will call me blessed..."

LUKE 1:46-48

Lord, Jesus, as Advent begins, I confess my focus is not entirely on the miracle of your birth or the anticipation of your glorious return. Instead, I dwell on the season's intensified to-do list, which magnifies my sense of inadequacy. Truthfully, my list of the ways I fall short is even longer. You know them all, yet you look on the humble estate of your servant and call me your highly favored child. You humbled yourself in order to bless me. Let my spirit rejoice in this truth this season. Amen.



Monday, the First Week of Advent

The Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

JOHN 1:14

Heavenly Father, this is supposed to be a season of joy, but it seems the world didn't get that message. In the news, tragedy and unrest seem to be amplified. We need your help, Father! Thank you for sending it. Into our chaos, you sent your Son. Help me rejoice in Jesus in the face of bad news so I can clearly see your glory, which triumphs over hatred and lies. Let me focus on your favor wrapped not only in swaddling cloths but in grace and truth that shield me for the day you return to take me home. Amen.



Tuesday, the First Week of Advent

Glory to God in the highest heaven, and on earth peace among those whom he favors!

LUKE 2:14

Lord, I just want some peace! In the busyness of this season, the demands of work and family life, and the stress and anxiety I bear, peace seems elusive. But, Lord, you have shown me favor by sending Jesus to be my Savior. He is my peace beyond all understanding. No matter what this world throws at me, remind me that because of Jesus, you are pleased with me! Let my spirit rejoice as I rest in his peace today. Amen.



Wednesday, the First Week of Advent

No one has greater love than this, to lay down one's life for one's friends.

JOHN 15:13

Lord Jesus, what a wonderful season this is for sharing blessings with those we love. Yet even among friends and family, unreasonable expectations, competition and grief can be heightened at this time of year. When imperfections in my relationships are exposed, remind me of your favor, which makes me your loved one. Let your perfect, sacrificial love be the joy in my life. Help me model your love among my family and friends in a way that they see you through my attitude and actions. Amen.



Thursday, the First Week of Advent

Here is my servant, whom I uphold, my chosen, in whom my soul delights; I have put my spirit upon him; he will bring forth justice to the nations.

ISAIAH 42:1

Heavenly Father, Isaiah's prophecy shows me how much you love your Son, Jesus. What is hard to comprehend is that these words also show how much you love me. Because you sent your beloved Son to experience humility, suffering, even death for my sake, I have your eternal love and favor. I am your chosen one. You delight in me. How can my spirit not rejoice in this blessing? Use me, Lord, as your ambassador to proclaim the Good News of Jesus, that others may experience your justice and favor through him. Amen.



Friday, the First Week of Advent

From his fullness we have all received, grace upon grace.

JOHN 1:16

Lord, you know how easy it is for me to dwell on holiday bills that keep adding up this time of year. Sometimes this distraction keeps me from counting the many ways I have sinned and you have shown me grace. Over and over again, you bless me with forgiveness. You pick me up every time I fall. You never give up on me. You give me all I need. The fullness of your favor is mine because of Jesus. Let my spirit rejoice in his grace until the day he returns, declaring my debt of sin paid in full. Amen.



Echoing the Magnificat of Mary, let your spirit rejoice each day of Advent with these short uplifting prayers that celebrate and anticipate the birth of Jesus Christ. These original prayers by Sandi Geis provide a daily dose of joy in what can be a stressful and busy season. With each page, raise your praises to the Lord as Christmas nears.

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