

November 30

This is the covenant I will make with the House of Israel. I will put my law within them, and I will write it upon their hearts and I will be their God and they will be my people

Jeremiah 31

O my God, I offer you my thoughts, words, actions and sufferings, and I beseech you to give me your grace that I may not offend you this day but may faithfully serve you and do your holy will in all things.

December 1

I beg you to lead a life worthy of your calling, with humility and patience, forgiving one another in love, eager to maintain the unity of the Spirit in the bond of peace.

Ephesians 4

Dear Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and life. Penetrate and possess my whole being so utterly that my life may only be a radiance of yours.

December 2

Trust in the Lord with all your heart and do not rely on your own insight. Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones.

Proverbs 3

We pray, O Lord, that everything we do may be prompted by your inspiration, so that every prayer and work of ours may begin from you and be brought by you to completion.

December 3

Do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall wear. Is not life more than food and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly father feeds them. Are you not of more value than they?

Matthew 6

God, give us the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to know the difference. Amen

December 4

I appeal to you, therefore, brethren, by the mercies of God to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your minds, that you may prove what is the will of God, what is good, acceptable and perfect.

Romans 12

Light of the world, Lord Jesus Christ, shine on us so that we may walk steadfastly today in the path of life; give light to our minds and warmth to our hearts, so that your light may shine out in all we do and say.

December 5

I will be with you. I will not fail you or forsake you. Be strong and of good courage; be not frightened, neither be dismayed, for the Lord your God is with you wherever you go.

Joshua 1

Oh my God, I believe in you, strengthen my faith. All my hopes rest in you, let me not be disappointed. I love you with all my heart. Teach me to love you daily more and more.

December 7

Come O blessed of my Father inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me. As you did it to the least of these my brothers you did it to me
Matthew 25

Dearest Lord, teach me to be generous; teach me to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for any reward, save that of knowing that I do your will.

December 8

There are varieties of gifts but the same spirit; and there are varieties of service but the same Lord; and there are varieties of work but it is the same Lord who inspires them all in every one. To each is given the expression of the Spirit for the common good.

1 Corinthians 12

Almighty God, in whom we live and move and have our being, you have made us for yourself and our hearts are restless until they rest in you; grant us purity of heart and strength of purpose, so that in your light we may see light clearly and in your service find perfect freedom.

December 9

The first commandment is this: you shall love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength. The second is this: you shall love your neighbour as yourself. There is no commandment greater than these.

Mark 12

Lord make me an instrument of your peace. Where there is hatred, let me sow love. Where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled, as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

December 10

If a brother is in need of clothes and has not enough food to live on, and one of you says to them "I wish you well; keep yourself warm and eat plenty", then what good is that? Faith is like that; if good works do not go with it, it is quite dead.

James 2

Set our hearts on fire with love for you, O Christ our God, that in its flame we may love you with all our heart, with all our mind, with all our soul and with all our strength, and our neighbours as ourselves, so that, keeping your commandments, we may glorify you the giver of all good gifts

December 11

Lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but may be healed. Strive for peace with all men and the holiness without which no one will see the Lord.

Hebrews 12

Father you have brought us to the beginning of a new day. Your hand is upon us to care for us and protect us. We offer you our lives and hearts. May we always do your will and love our neighbour as ourselves.

December 12

And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all his ways, to love him and serve the Lord your God with all your heart and with all your soul

Deuteronomy 10

Rise up, o children of light, and let us give glory to the Lord who alone can save our souls. O Lord, as you withdraw sleep from the eyes of our body, grant us wakefulness of mind so that we may stand before you in awe and sing your praises worthily.