THE CENTRE AT St Laurence

AWAKE TO HOPE



Morning Prayer in Advent

Scripture. Silence. Prayer.

Weekdays • 8 am • Online

30 November to 24 December 2026

Welcome

The Christian year begins with Advent, the four weeks leading up to Christmas. We don't start the new year with a launch party, but with a time of waiting and paying attention to the God who comes among us.

These mornings are a way to wait on purpose.

Morning Prayer is a way Christians have begun the day for centuries. We'll spend about half an hour with the Bible, a short reflection, some silence, and prayer.

You don't need to have done this before. You don't have to be sure what you believe. Join us online or pray at your kitchen table. If you miss a day, just start again.



Philip Cochrane
Rector of St Laurence

How to join in

Words in **bold** are for everyone. The leader says the other prayers. If you're alone, say all the spoken words. Italics are instructions. Have a Bible handy or use a free online Bible. Find today's readings on page 12.

Praying for others

Share requests in the live comments or pray where you are. The stream is public and recorded. Use first names only, and ask before sharing someone else's news.

Watch: saintlaurence.ca/pages/awake-to-hope
Online Bible

Beginning our prayers

Welcome. If online, share prayer requests in the comments.

O Lord, open our lips
and our mouth shall proclaim your praise.
Reveal among us the light of your presence
so that we may see your power and glory.

Blessed are you, Sovereign God of all,
to you be praise and glory for ever.
In your tender compassion
the dawn from on high is breaking upon us
to dispel the lingering shadows of night.
As we look for your coming among us this day,
open our eyes to see your presence
and strengthen our hands to do your will,
so that the world may rejoice and give you praise.

Blessed be God: Source of all being, eternal Word, and Holy Spirit.
Blessed be God for ever.

A psalm

A psalm is a prayer or song from the Bible. Find today's on page 12. Then say:

**Glory to God, Source of all being, eternal Word, and Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.**

A reading from the Bible

Find today's reading on page 12. Keep one minute of silence.

Hear what the Spirit is saying to the Church.
Thanks be to God.

A short reflection and a question to sit with quietly. If alone, stay with a word or phrase from the reading. Then turn to the Bible song for today.

Most mornings: page 4.
7 to 11 December: page 5.
24 December: page 6.

The Song of Zechariah

Luke 1:68-79. A father's song at the birth of John the Baptist. Say together, except 7 to 11 December and 24 December.

**Blessed are you, Lord, the God of Israel,
you have come to your people and set them free.
You have raised up for us a mighty Saviour,
born of the house of your servant David.
Through your holy prophets,
you promised of old to save us from our enemies,
from the hands of all who hate us,
to show mercy to our forebears,
and to remember your holy covenant.
This was the oath you swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship you without fear,
holy and righteous before you, all the days of our life.
And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare the way,
to give God's people knowledge of salvation
by the forgiveness of their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the
shadow of death,
and to guide our feet into the way of peace.**

**Glory to God, Source of all being, eternal Word, and
Holy Spirit: as it was in the beginning, is now, and
will be for ever. Amen.**

Continue with the prayers on page 7 (to 16 December) or 8 (from 17 December).

A Song of Baruch

Baruch 5:5, 6c, 7-9. God brings people home from exile (life far from their homeland). Say together.

Arise, O Jerusalem, stand upon the height:
look to the east and see your children,
gathered from the west and the east
at the word of the Holy One.
They rejoice that God has remembered them
and has brought them back to you.
For God has ordered that every high mountain
and the everlasting hills be made low,
and the valleys filled up to make level ground
so that they may walk safely in the glory of God.
The woods and every fragrant tree
have shaded them at God's command.
For God will lead this people with joy
in the light of the divine glory
with the mercy and righteousness that comes from God.

Glory to God, Source of all being, eternal Word, and Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Continue with the prayers on page 7 (to 16 December) or 8 (from 17 December).

A Song of the Wilderness

Isaiah 35:1, 2b-4a, 4c-6, 10. A picture of a world coming back to life. Say together.

**The wilderness and the dry land shall rejoice,
the desert shall blossom and burst into song.
They shall see the glory of the Lord,
the majesty of our God.
Strengthen the weary hands,
and make firm the feeble knees.
Say to the anxious, "Be strong, fear not,
your God is coming with judgement,
coming with judgement to save you."
Then shall the eyes of the blind be opened,
and the ears of the deaf unstopped;
then shall the lame leap like a deer,
and the tongue of the mute sing for joy.
For waters shall break forth in the wilderness,
and streams in the desert;
the ransomed of the Lord shall return with singing,
with everlasting joy upon their heads.
Joy and gladness shall be theirs,
and sorrow and sighing shall flee away.**

Glory to God, Source of all being, eternal Word, and Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

Continue with the prayers on page 8.

Prayers for God's coming

We bring before God the world we live in, the people we love, and those whose needs we may never know.

After each prayer, the leader says "Lord Jesus"; everyone responds "come soon". Add prayers aloud or in silence. There is no need to speak at every prompt.

Come, Wisdom of God: teach us how to live.

The Church, the world, its leaders, and the decisions that affect us all.

Lord Jesus, **come soon.**

Come, Light in the dark: shine on everyone who is afraid.

People facing uncertainty, illness, or hardship.

Lord Jesus, **come soon.**

Come, Key that opens doors: set free all who are trapped.

Peace, justice, creation, and those whose freedom or dignity is denied.

Lord Jesus, **come soon.**

Come, God with us: be near to everyone who is alone.

Our neighbours, those on our minds, and prayers shared online.

Lord Jesus, **come soon.**

Bring your own prayers and thanks before God, aloud or in silence.

Lord Jesus, **come soon.**

Keep a short silence. Turn to the prayer for this week (page 9 or 10).

As Christmas draws near

Six of the ancient Advent prayers, known as the O Antiphons, call on Jesus using names and images from the Hebrew Scriptures. Add particular prayers where they fit. After "Lord Jesus", respond "come soon".

In joyful expectation let us pray to God, our Saviour and Redeemer.

O Wisdom from the mouth of the Most High, you reign over all things to the ends of the earth: come and teach us how to live.

Lord Jesus, **come soon.**

O Head of the house of Israel, you appeared in the fire of the burning bush and you gave the law on Sinai: come with outstretched arm and rescue us.

Lord Jesus, **come soon.**

O Branch of Jesse standing as a sign among the nations, all rulers will keep silence before you and all peoples will summon you to their aid: come, set us free and delay no more.

Lord Jesus, **come soon.**

O Key of David and sceptre of the house of Israel, you open and none can shut; you shut and none can open: come and free the captives from prison.

Pray for people whose freedom is denied.

Lord Jesus, **come soon.**

O Morning Star, bright Sun of righteousness: come and enlighten all who dwell in darkness and the shadow of death.

Lord Jesus, **come soon.**

O Emmanuel, hope of the nations: come and save us, O Anointed One.

Bring the prayers shared online and your own prayers before God.

Lord Jesus, **come soon.**

Keep a short silence. Turn to the prayer for this week on page 10.

Prayers for each week

A collect is a short prayer that gathers our prayers together. Choose the one for this week.

Week 1 · Tear the sky open

30 November to 4 December

God of hope,
you have not given up on the world.
Give us courage to keep hoping for what is right,
patience when change is slow,
and eyes to recognise your coming among us.
Through Jesus Christ our Lord.
Amen.

Week 2 · Who gets to come home?

7 to 11 December

God of peace,
you make a road through the wilderness
and lead your people home.
Help us to remove the barriers that divide us
and make room for those who are left outside.
Through Jesus Christ our Lord.
Amen.

Continue with the Lord's Prayer on page 11.

Prayers for each week

A collect is a short prayer that gathers our prayers together. Choose the one for this week.

Week 3 · Who said we had to be merry?

14 to 18 December

God of joy,
you bind up the broken-hearted
and rebuild what lies in ruins.
Be near to those who mourn,
sustain those who are weary,
and help us share in your work of putting things right.
Through Jesus Christ our Lord.
Amen.

Week 4 · God didn't ask the palace

21 to 24 December

God of surprises,
you came to Mary with a promise for the world.
Open us to the work of your Holy Spirit,
teach us to listen to those whose voices go unheard,
and make us ready to welcome Christ among us.
Through Jesus Christ our Lord.
Amen.

Continue with the Lord's Prayer on page 11.

The Lord’s Prayer

Jesus taught his followers this prayer. Let us pray together.

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

As we finish

Carry a word, thought, or question from this morning into your day.

Let us bless the Lord.
Thanks be to God.

May Christ, when he comes, find us watching and waiting.
Amen.

Readings for each day

Find today's psalm and reading. Isaiah 49:1-6 means chapter 49, verses 1 to 6. For psalms, the first number is the psalm number.

Date	Psalm	Reading
Week 1 · Tear the sky open		
Mon 30 Nov	34:1-8	Isaiah 49:1-6
Tue 1 Dec	5:1-8	Isaiah 11:1-10
Wed 2 Dec	23	Isaiah 25:6-9
Thu 3 Dec	18:1-6	Isaiah 2:12-17
Fri 4 Dec	27:1-6	Isaiah 29:17-24
Week 2 · Who gets to come home?		
Mon 7 Dec	25:1-9	Isaiah 35:1-10
Tue 8 Dec	28:1-3, 6-9	Isaiah 5:8-10
Wed 9 Dec	103:1-10	Isaiah 40:25-31
Thu 10 Dec	37:1-11	Isaiah 7:1-9
Fri 11 Dec	31:1-5	Isaiah 7:10-16
Week 3 · Who said we had to be merry?		
Mon 14 Dec	41:1-4	Isaiah 8:22 to 9:1
Tue 15 Dec	34:15-22	Zephaniah 3:9-13
Wed 16 Dec	119:49-56	Isaiah 45:5-8
Thu 17 Dec	72:1-8	Matthew 1:1-7, 17
Fri 18 Dec	72:11-19	Matthew 1:18-25
Week 4 · God didn't ask the palace		
Mon 21 Dec	33:1-5, 20-22	Luke 1:39-45
Tue 22 Dec	113	Luke 1:46-56
Wed 23 Dec	96:7-13	Luke 1:57-66
Thu 24 Dec	46:1-7	Luke 1:67-79

Acknowledgements

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The Centre at St Laurence is part of the Centre for Spiritual Renewal. St Laurence Anglican Church, 825 St Laurence Street, Coquitlam, BC, on the traditional, ancestral, and unceded territory of the kʷikʷəƛəm (Kwikwetlem) First Nation.

Watch Morning Prayer

saintlaurence.ca/pages/awake-to-hope