



# OPEN

*My Heart*

Praying through Advent with the Saints

## INTRODUCTION

Advent is a season set aside by the Church to prepare for the Christmas celebration of Christ's presence with us. And although we reflect back on his coming at the first Christmas, and look forward to his second coming in glory at the end of time, we watch and wait because we believe that he is also with us right now. This booklet provides you with way to spend time each day with Christ who wants to draw nearer to you. For each day of Advent there is a prayer chosen from one of the saints—persons who like us wanted to grow in their relationship with Christ by spending time with him—and a verse from Scripture to invite you to discover Christ alive and eager to be in a relationship with you. So find a place where you can relax with Christ for a few minutes, and share your self and your life with Christ beginning with the prayer of the saint, then continuing your prayerful reflection using the Scripture verse. Finally, add your own personal prayer to Jesus. In this way, your anticipation of Jesus' presence will grow during Advent and you will be ready to celebrate with joy at Christmas.

—*Steve Mueller, Editor*

## COME TO ME

FIRST SUNDAY OF ADVENT — REVELATION 22:20

☉ Lord, my God, I am not worthy that you should come into my soul, but I am glad that you have come to me because in your loving kindness you desire to dwell in me. You ask me to open the door of my soul, so that you may enter into it with your loving kindness and dispel the darkness of my mind. I believe that you will do this for you numbered as your friends all who came to you with repentant hearts.

—*St. John Chrysostom*

St. John Chrysostom (c. 347-407) was an influential early Church Father, Archbishop of Constantinople, renowned for his eloquent preaching and public speaking, earning him the title “Golden Mouth.” He was a strong advocate for church reform and social justice.



## CHANGE ME

MONDAY, WEEK 1 — SIRACH 18:26

☉ God, here on earth you are constantly seeking to change us. At times we wish to flee into the wilderness to avoid you. But let us learn to love the lasting things of heaven, rather than the dying things of earth. We must accept that time always brings change; and we pray that by your grace change within our souls will make us worthy of your heavenly kingdom.

—*St. Alcuin of York*

## TO GOD THROUGH JESUS

TUESDAY, WEEK 1 — JOHN 14:6

© eternal Father, we come to you through the heart of our Jesus, who is the way, the truth, and the life. Through his divine heart, we adore you for those who do not adore you, we love you for those who do not love you; we gratefully acknowledge you to be our God.

—*St. Rose Philippine Duchesne*



St. Rose Philippine Duchesne (1769-1852) was a French Catholic nun who founded the first American convent of the Religious of the Sacred Heart, dedicating her life to education and missionary work among Native Americans.

## GUIDE ME

WEDNESDAY, WEEK 1 — PSALM 25:5

Lord, grant that I may always allow myself to be guided by you, always follow your plans and perfectly accomplish your holy will. Grant that in all things, great and small, today and all the days of my life, I may do whatever you require of me. Help me respond to the slightest prompting of your grace, so that I may be your trustworthy instrument for your honor. May your will be done in time and in eternity by me, in me, and through me.

—*St. Teresa of Avila*

## STAY WITH ME

THURSDAY, WEEK 1 — LUKE 24:29

© Christ Jesus, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love and strengthening power, so that nothing may frighten or worry us, for, living close to you, we shall see your hand, your purpose, your will through all things.

—*St. Ignatius of Loyola*

## MARY, OUR MODEL

FRIDAY, WEEK 1 — LUKE 1:46-47

Mary, your attitude during the months between the angel's announcement and the birth of your son, Jesus, is the model for all interior souls, in whose depths God has also chosen to dwell. Following your example, may we bring the same kind of peace, the same kind of recollection to everything we do. Help us to act in such a way that through God's presence in us the most trivial things in our day may be divinized.

—*St. Elizabeth  
of the Trinity*

St. Elizabeth of the Trinity (1880-1906) was a French Discalced Carmelite nun known for her spiritual writings and deep prayer life. She emphasized the presence of the Trinity in the soul, inspiring many in their spiritual journeys.



## DRAW ME TO YOU

SATURDAY, WEEK 1— ISAIAH 44:22

© Lord, our God, fill us with hope, protect us and sustain us. You will uphold us, right from our childhood until our old age, because our present strength, if it comes from you, is strength indeed; but if it is merely our own strength then it is weakness. When we are close to you we find living goodness, but when we turn aside from you, we lose our way. So, Lord, make us retrace our steps, so that we are not defeated.

—*St. Augustine*



St. Augustine of Hippo (354-430) was a North African bishop, theologian, and philosopher. His influential works, including *Confessions* and *The City of God*, shaped Western Christianity. Augustine's teachings on grace, free will, and original sin remain foundational in Christian theology.

## I GIVE MYSELF TO YOU

2ND SUNDAY OF ADVENT — PSALM 119:94

Lord, I make you a present of myself. I do not know what to do with myself. So let me make this exchange: I will place myself entirely in your hands, if you will cover my ugliness with your beauty, and tame my unruliness with your love. Put out the flames of false passion in my heart, since these flames destroy all that is true within me.

—*St. Catherine of Genoa*

## I WANT TO KNOW & LOVE YOU

MONDAY, WEEK 2 — WISDOM 15:2-3

© God, how far you are from me, even though I am so near to you! How remote you are from my sight, even though I am present to yours! You are everywhere in your entirety, and yet I do not see you. In you I move and have my being, and yet I cannot approach you. O God, let me know you and love you so that I may find my joy in you.

—*St. Anselm of Canterbury*

## BEING IN THE FURNACE OF YOUR LOVE

TUESDAY, WEEK 2 — ROMANS 12:1

© Jesus! on this day, you have fulfilled all my desires. From now on, near the eucharist, I shall be able to sacrifice myself in silence, to wait for heaven in peace, keeping myself open to the rays of the divine host, In this furnace of love, I shall be consumed, and like a seraphim, Lord, I shall love you.

—*St. Thérèse of Lisieux*

St. Thérèse of Lisieux (1873-1897), known as "The Little Flower," was a French Carmelite nun renowned for her simple yet profound spirituality called the "Little Way." Her autobiographical work, *Story of a Soul*, has deeply inspired countless people worldwide.



## HUNGERING FOR YOU

WEDNESDAY, WEEK 2 — JOHN 6:35

May my heart ever hunger after and feed upon you, whom the angels desire to look upon, and may my inmost soul be filled with your sweetness. May it ever thirst for you, the fountain of wisdom and knowledge. May it ever seek you, find you, run to you, come up to you, meditate on you, speak of you, and do all for the praise and glory of your name.

—*St. Bonaventure*

## HELP ME TO LOVE YOU

THURSDAY, WEEK 2 — I JOHN 4:19

© God, worthy of infinite love, I have nothing which can adequately measure your dignity, but such is my desire towards you, that if I had all that you have, I would gladly and thankfully give it all to you. O Love, O God, you loved me first, grant that with my whole heart, and with my whole soul, and with my whole strength, I may love you.

—*St. Gertrude the Great*



St. Gertrude the Great (1256-1302) was a German Benedictine nun and mystic known for her deep devotion to the Sacred Heart of Jesus. Her spiritual writings have significantly influenced Christian mysticism and devotion.



## OPEN MY EYES

FRIDAY, WEEK 2 — PSALM 119:18

© God, origin of creation, open our eyes to know you and place our hope in you, who lift up the humble and lay low the mighty. Help us and rescue all those who are in trouble, have mercy on the lowly, lift up those who have fallen, reveal yourself to the needy, feed the hungry, give power to the weak and encourage the faint-hearted.

—*Pope St. Clement I*

Pope St. Clement I (c. 35-99 AD) was the 4th Bishop of Rome and an Apostolic Father. Known for his epistle to the Corinthians, he emphasized church unity, the authority of the clergy, and was influential in early Christian theology.



## SHOW YOUR MERCY

SATURDAY, WEEK 2 — PSALM 33:22

© supreme, eternal Good! What moved you to enlighten me with the light of your truth? You yourself, the very fire of love, you yourself are the reason. For it always has been and always is love that constrains you to create in us your own image and likeness, and to show us mercy by giving your creatures infinite and immeasurable graces.

—*St. Catherine of Siena*

## GIVE ME A JOYFUL FAITH

3RD SUNDAY OF ADVENT — PSALM 13:6

Lord, I believe: I wish to believe in you. Lord, let my faith be full and unreserved, and let it penetrate my thought, my way of judging divine things and human things. Lord, let my faith be joyful and give peace and gladness to my spirit, and dispose it for prayer with God and conversation with others, so that the inner bliss of its fortunate possession may shine forth in sacred and secular conversation.

—*Pope St. Paul VI*

## LOVE ME EVEN MORE

MONDAY, WEEK 3 — PSALM 63:4

© Lord, love me intensely, love me often and long! For the more often you love me, the purer I become. The more intensely you love me, the more beautiful I become, the longer you love me, the holier I become.

—*St. Mechtild of  
Magdeburg*



St. Mechtild of Magdeburg (c. 1207-1282) was a German mystic and Beguine. Her visionary writings, compiled in "The Flowing Light of the Godhead," profoundly influenced Christian mysticism, emphasizing God's love and the soul's union with the Divine.

## WITHOUT YOU, THERE IS NO JOY

TUESDAY, WEEK 3 — JOHN 1:16

☉ God, help me to remember that time is short, eternity is long. What good is all the greatness of this world at the hour of death? To love you and save my soul is the one thing necessary. Without you, there is no peace, no joy. For to lose you is to lose all. O God, help me to remember that in loving you I have all good things: the infinite riches of Christ and his Church, peace beyond understanding, joy unspeakable!

—*St. Alphonsus Liguori*

St. Alphonsus Liguori (1696-1787) was an Italian bishop, theologian, musician, artist and founder of the Redemptorists. Renowned for his moral theology, he authored numerous spiritual works, including *The Glories of Mary*, and was declared a Doctor of the Church.



## UNITE ME WITH YOU

WEDNESDAY, WEEK 3 — JOHN 17:20-21

Jesus, grant that my mind may not seek to know anything but you, that my heart may have no longings or desires but to love you. When I am obliged to take some comfort, I shall take care to see that it be pleasing to your heart. All this I intend to do, to unite myself to you in every action of the day. Amen.

—*St. Margaret Mary Alacoque*

## OPEN MY HEART

THURSDAY, WEEK 3 — WISDOM 9:17

Open our hearts, O Lord, and enlighten our minds by the grace of your Holy Spirit, that we may seek what is well-pleasing to your will; and so order our doings after your commandments, that we may be found fit to enter into your everlasting joy, through Jesus Christ our Lord.

—*St. Bede the Venerable*

## BEING YOUR MESSENGER

FRIDAY, WEEK 3 — MATTHEW 10:40

Jesus, help us to spread your fragrance everywhere we go. Flood our souls with your spirit and life. Penetrate and possess our whole being so utterly that our lives may only be a radiance of yours. Shine through us, and be so in us that every soul we come in contact with may feel your presence in our soul. Let them look up and see no longer us, but only You.

—*St. Mother Teresa*



St. Mother Teresa of Calcutta (1910-1997) was an Albanian-Indian nun and missionary who founded the Missionaries of Charity. Renowned for her selfless service to the poor and sick, she received the Nobel Peace Prize in 1979.

## ROOTED IN YOU

SATURDAY, WEEK 3 — MATTHEW 28:20

I did not know you, my Lord, because I still desired to know and delight in things. Well and good if all things change, Lord God, provided we are rooted in you. If I go everywhere with you, my God, everywhere things will happen as I desire for your sake.

—*St. John of the Cross*

St. John of the Cross (1542-1591) was a Spanish mystic, Carmelite friar, and poet. He co-founded the Discalced Carmelites with St. Teresa of Ávila and authored profound spiritual works, including *The Dark Night of the Soul*.



## NOTHING BUT YOU

4TH SUNDAY OF ADVENT — PSALM 86:10

I want nothing but you, God; to rest in you, completely, being strengthened more and more to serve you by my total dependence on your divine providence, always more firmly anchored in the faith of your true word and completely abandoned to your mercy and care. O eternal and fatherly goodness! My heart opens itself to you.

—*St. Jane Frances de Chantal*

## NEVER LEAVE ME

MONDAY, CHRISTMAS WEEK — 2 JOHN 1:3

I believe that you, O Jesus, are in the most holy sacrament. I love you and desire you. Come into my heart. I embrace you. O, never leave me. May the burning and most sweet power of your love, O Lord Jesus Christ, absorb my mind that I may die through love of your love, who were graciously pleased to die through love of my love.

—*St. Francis of Assisi*

## GIVE YOURSELF TO ME

TUESDAY, CHRISTMAS WEEK — JOHN 1:14

My Lord and Creator, your mercy abolishes the chasm which separates the Creator from the creature. To converse with you is the delight of my heart. In you I find everything that my heart could desire. Here your light illumines my mind, enabling it to know you more and more deeply. Here streams of grace flow down upon my heart. You alone, beyond all these gifts, give your own self to me and unite yourself intimately with your creature.

—*St. Faustina Kowalska*

St. Faustina Kowalska (1905-1938) was a Polish nun and mystic known for her visions of Jesus Christ and the Divine Mercy devotion. Her diary, *Divine Mercy in My Soul*, has inspired millions in their faith and devotion.



## LET US REJOICE

WEDNESDAY, CHRISTMAS WEEK — LUKE 2:10-11

Let the just rejoice, for their justifier is born. Let the sick and infirm rejoice, for their savior is born. Let the captives rejoice, for their redeemer is born. Let slaves rejoice, for their master is born. Let free persons rejoice, for their liberator is born. Let all Christians rejoice, for Jesus Christ is born.

—*St. Augustine of Hippo*

## GIVE ME YOUR PEACE

THURSDAY, CHRISTMAS WEEK — JOHN 14:27

© God, fortify me with the grace of your Holy Spirit and give your peace to my soul that I may be free from all needless anxiety, solicitude and worry. Help me to desire always that which is pleasing and acceptable to you so that your will may be my will.

—*St. Frances Xavier Cabrini*

St. Frances Xavier Cabrini (1850-1917) was an Italian-American nun and founder of the Missionary Sisters of the Sacred Heart of Jesus. She tirelessly served immigrants and the poor in the United States, becoming the first U.S. citizen to be canonized.



## TO LOVE & SERVE YOU

FRIDAY, CHRISTMAS WEEK — PSALM 32:11

© Lord, you are the supreme joy, and all who are happy owe it to you. You are the light of minds, and all receive their understanding from you. We love, we love you above all. We seek you, we follow you, and we are ready to serve you. We desire to dwell under your power for you are the king of all.

—*St. Albert the Great*

## BEING THE BODY OF CHRIST

SATURDAY, CHRISTMAS WEEK — MATTHEW 25:40

© eternal God, turn us into the arms and hands, the legs and feet of your beloved Son, Jesus. You gave birth to us on earth, to become his living body. Make us worthy to be his limbs, and so worthy to share in his eternal bliss.

—*St. Hildegard of Bingen*



St. Hildegard of Bingen (1098-1179) was a German Benedictine abbess, mystic, writer, and composer. Known for her visionary works and contributions to theology, music, and natural science, she was proclaimed a Doctor of the Church in 2012.