SUN	MON	TUES	WED	THUR	FRI	SAT
I say to you stay awake (Mk. 13:37) Look out and be attentive	I will come myself and cure him (Mt. 8:7) Go out of your way to help someone	The cow and the bear make friends (Is.11:7) Make an effort with a stranger	How many loaves have you? (Mt. 15:34) Count your blessings and share them	The Lord is the everlasting rock (Is. 26:4) Be strong for someone else	Mary, do not be afraid (Lk.1:30) Face bravely your worst fears	You received without charge (Mt.10:8) Be generous with your time and gifts
Let every cliff become a plain (Is.40:4) Smooth things out with another	My friend, your sins are forgiven you (Lk. 5:20) Plan your Christmas confession	Prepare a way for the Lord (Is.40:3) Make space for quiet prayer	Come to me and I will give you rest (Mt.1:28) Accept the help that God offers you	If anyone has ears to hear let them listen [Mt.11:15] Sit quietly and let God speak	The eyes of the blind will see (Is. 29:9) Support ChildVision Services	Happy those who have fallen asleep in love (Eccles. 48:11) Light a candle for those who have died
I am not fit to undo his sandal strap [Jn. 1:27]	Come with outstretched arms (O Antiphon)	My lips are filled with your praise (Ps. 70]	Let what you have said be done to me (Lk. 1:38)	The child in my womb leapt for joy (Lk. 1:41)	The hungry he has filled with good things (Lk. 1:53)	His power of speech returned (Lk.1:64)
Walk humbly with God today	Reach out generously to those in need	Speak about the qualities of others	Accept a challenge from God	Say a prayer for the unborn	Give a Trócaire Christmas Gift	Use your voice to build up other people

