

Christmas Anticipation Prayer

Hail and blessed be the hour and moment In which the Son of God was born Of the most pure Virgin Mary, at midnight, in Bethlehem, in the piercing cold. In that hour vouchsafe, I beseech Thee, O my God, to hear my prayer and grant my desires, *[here mention your request]* through the merits of Our Saviour Jesus Christ, and of His blessed Mother. Amen.

Beginning on St. Andrew the Apostle's feast day, November 30, the following beautiful prayer is traditionally recited fifteen times a day until Christmas. This is a very meditative prayer that helps us increase our awareness of the real focus of Christmas and helps us prepare ourselves spiritually for His coming.

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