



A SPIRITUAL CHRISTMAS CRIB 2024



PREPARING A SPIRITUAL CRIB IN OUR HEART

DAY	NATIVITY	REFLECTION	PRAYER	GOOD DEED
01-Dec	Stable	Frequently during the day offer your heart to the little Infant Jesus. Ask Him to make it His home.	Jesus, meek and humble of heart, make my heart like Yours - 25 TIMES.	Help a poor person in need or pray for poor in the world.
02-Dec	Roof	The roof should be in good condition, so that Infant Jesus is protected from rain and snow.	Jesus, teach me to love my neighbour as myself - 25 TIMES.	Smile and greet everyone you meet.
03-Dec	Cobwebs	Clean the cobwebs from your spiritual crib.	Jesus, help me to keep temptations out of my heart- 25 TIMES.	Make time to visit the Blessed Sacrament.
04-Dec	Manger	Fix the best and warmest corner of your heart for the manger of Jesus.	Recite the Chaplet of Divine Mercy.	Donate food to needy.
05-Dec	Hay	Supply the manger of your heart with hay, by overcoming all feelings of pride, anger and envy.	Jesus, help me to keep temptations out of my heart- 25 TIMES.	Give up a treat you receive.
06-Dec	Soft Straw	Provide your manger with soft straw by performing little acts of mortification.	Dear Jesus, Who suffered so much for me, let me suffer for the love of You - 25 TIMES.	Say a kind word to someone.
07-Dec	Blankets	Protect our family members from harsh and angry words. Blanket us with kindness and love.	Say The St. Michael's Prayer.	Be kind and generous to others.
08-Dec	Swaddling Clothes	Prepare these for Jesus by folding your hands when you pray, and praying slowly and thoughtfully.	Dear Jesus, close my heart to all that hurts You - 50 TIMES.	Call a lonely person.
09-Dec	Fuel	Enlighten your heart and mind by reading a passage from the Bible.	Jesus, let me do Your will in all things - 50 TIMES.	Give a sincere compliment.
10-Dec	Fire	Prepare ourselves for Christmas by attending the Advent Mission Day 1.	Recite the Rosary.	Forgive someone who hurt you.
11-Dec	Provisions	Prepare ourselves for Christmas by attending the Advent Mission Day 2.	Say the Protection Prayer - Psalm 91.	Share something you love with others.

12-Dec	Light	Be a light in someone's life by sharing your God experience.	Jesus, be my light, strength and nourishment - 25 TIMES .	Be enlightened by reading a scripture passage.
13-Dec	Key	Open your heart and exclude from it all sinful thoughts and rash judgments.	Say the Penitential Act- I Confess.	Apologize to God and your neighbour for any wrong doings.
14-Dec	Water	Clean out the dirt and stains from your heart with a good Advent confession.	Say the Act of Contrition.	Donate to a charity.
15-Dec	Ox	Surrender the burden of your worries and anxieties to God and ask for His Help.	Surrender Prayer - O Jesus, I surrender myself to you take care of everything - 25 TIMES .	Write or say a word of appreciation.
16-Dec	Donkey	Bring hope and strength to others.	God, grant me the serenity to accept the things I cannot change, the courage to change the things I can.	Spend quality time with family.
17-Dec	Lambs	Avoid your busyness and be fully present to your family.	Psalm 51.	Give up social media / one meal.
18-Dec	Shepherds	Like the shepherd, lead a humble life through example.	Psalm 23.	Call or visit someone sick.
19-Dec	Star	Be a star by leading the people to Jesus.	My Jesus, I want to please You in all I do today - 50 TIMES .	Assist an elderly person or call your grandparents.
20-Dec	3 Kings	Rule your conscience with conviction and integrity.	Jesus, Son of David, have mercy on me - 25 TIMES .	Help/Assist a newcomer to our parish.
21-Dec	Gifts - Gold, Frankincense & Myrrh	Use your gifts and talents to glorify God.	Come, Jesus, to accept my gifts and to take possession of my heart- 25 TIMES .	Appreciate the people around you.
22-Dec	Angel	Protect those who are close to us and the vulnerable.	Holy angels, never let me forget that you are with me always- 25 TIMES .	Share a faith story with others.
23-Dec	Mother Mary	Submit yourself to the divine plan of God as Mary did.	Say Mary's song of Praise Luke 1:46-55.	Visit and pray at your church.
24-Dec	St. Joseph	Learn the virtue of patience from St Joseph to bear your struggles and disappointments for the good of your family.	Jesus, Mary, Joseph, model for all Christian families, I entrust my family to your care and protection - 50 TIMES .	Be patient to others.
25-Dec	Baby Jesus	Rejoice for unto us our King and Saviour is born.	Come, dear Jesus, come; my heart belongs to You - 25 TIMES	Reflect and thank God for all the blessings.