



His Eminence, Metropolitan Gregory's
NATIVITY FAST PRAYER CHALLENGE 2018

To Be Prayed Every Evening of the Nativity Fast

O Lord, You told us through the Psalmist David to be still and know that You are God. (*Psalm 46:10*) Yet, in our weakness, that stillness is far from our hearts and minds. We are restless in soul and body. The constant noise of the world drowns out Your still, small voice. (*1 Kings 19:12*) Even as we prepare during this season to remember Your Birth, we are diverted by many cares. We are anxious and troubled, neglecting the one thing needful. (*Luke 10:41-42*)

Holy Master, keep us away from those things which distract us from knowing Your Presence. Grant us the stillness, silence, peace, and calm that only comes from You. Help us to be diligent in prayer and attentive to the needs of others.

As Your Holy Mother beheld the great mystery of Your Incarnation, she silently pondered it in her most-pure heart. (*Luke 2:19*) Allow us to reach the celebration of Your coming in the flesh so that, silently contemplating it in our own hearts, we too may be filled with every grace and blessing and give glory to You forever. **Amen.**