

## Christmas Anticipation Prayer

Beginning on 27th November the following prayer should be recited 15 times daily in preparation for the coming of the Lord at Christmas:

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.