

WILDERNESS PRAYER FOR ADVENT

A Simple Daily Practice of Stillness With God



Why Wilderness Prayer?

Advent invites us to prepare a way for the Lord — not only in the world, but in the quiet places of our hearts. John the Baptist meets us in the wilderness, and Scripture reminds us that the wilderness is often where God does Their deepest work. Wilderness Prayer is not about dramatic experiences. It is about showing up for God with persistence, desire, and trust.

What Wilderness Prayer Is

- A few minutes of quiet openness before God
- A way of making space for God to work in us
- A gentle, faithful practice that forms the heart
- A chance to let God straighten what is crooked within us

What Wilderness Prayer Is Not

- It is not about “feeling spiritual”
- It is not about emptying the mind perfectly
- It is not about achieving something
- It is not a sign of failure if nothing seems to happen

The desert saints teach us that God often works slowly, quietly, invisibly, like roots growing beneath the soil.

A Daily Practice for Advent

Choose a quiet place: a chair, a window, a corner of the garden, or a short walk.

Sit comfortably - Let your body settle.

Become still - Breathe gently. Allow the inner noise to soften.

Offer yourself to God - A simple prayer is enough: “Here I am, Lord.”

Sit in silence for 10 minutes

Do not try to think or achieve anything. If your mind wanders, return gently to a simple word or phrase, such as:

- “Come, Lord Jesus.”
- “Here I am.”
- “Lead me to your light.”

End with a prayer - “Lord, guide me through this Advent. Turn my heart again toward Your light.”

If You Feel Nothing — That Is Normal

Wilderness Prayer is an act of faithfulness, not emotion.

Your desire to meet God is already a sign of the Holy Spirit at work in you.

As Rowan Williams writes, silence makes us porous to God — open to Their quiet shaping.

In the wilderness, persistence is the prayer.

Showing up is the offering.

God will do the rest.

A Final Word For Advent

“Be still, and know that I am God.” – Psalm 46.10

Set aside ten minutes a day this Advent.

Make a little wilderness.

Let God work in the hidden places of the heart.