

Week One



Sunday, 1st December, 2019

A meditation based on Matthew 24:37-44 *You also must be prepared. (matt 24:44)*



The First Sunday of Advent symbolises Hope with the "Prophet's candle" reminding us that Jesus is coming

Blessing your Advent Wreath

Advent means "arrival." In the season of Advent, the church prepares to celebrate the coming of Jesus. We recall the past, celebrate the present, and look to the future with hope.

[Find out how to bless your own Advent Wreath as a family.](#)

An Advent Prayer for courage:

Dear Heavenly Father,
Help me to hear your voice.
Touch me once again.
Give me the courage
to be your beloved.
Give me courage
to choose joy.
I need you now this
Christmas.
Be born in me again.
Today.
In Jesus' name, Amen.

~Bonnie Gray

This is it - we have lit the first Advent candle. Christmas is less than four weeks away, so we need to get ready. If we plan on giving gifts, sending Christmas cards, or having guests over for Christmas dinner, now is the time to start planning.

Jesus is saying something similar in today's Gospel reading, but with a different focus: "Get ready; you don't know when I will come again!"

So how can we prepare ourselves for Jesus' coming both at Christmas and at the Second Coming? Here's one idea: just as you give Christmas gifts to your friends and family, think of a gift you could give the Christ child. Here are some possibilities.

- Set aside an hour each week to sit before Jesus in the Blessed Sacrament. In the quiet of his presence, praise and thank him for becoming a man and saving you from sin and death.
- Serve the needy in some way. Volunteer at a food kitchen, buy gifts for a struggling family, or help decorate the home of an elderly neighbour.
- See where you have strayed from God. Then go to Confession and receive his forgiveness and the grace to follow him more closely.
- Is there anyone you need to forgive? Ask Jesus to help you forgive that person, and then reconcile with them if possible.

As you decide what you will give Jesus, remember: it's not only about what *you* do to get ready for his coming. It's also about what *he* wants to do for you.

- As you sit before him in adoration, he wants to give you his peace.
- As you reach out to the needy, he wants to encounter you in his beloved poor.
- As you go to Confession, he wants to fill you with his mercy.
- As you forgive other people, he wants to help heal your wounded relationships.

Jesus is so generous that he wants to help *you* get ready for *him*. So slow down this Advent, and let him give you the gift of a willing heart.

TODAY'S OTHER READINGS:

Isaiah 2:1-5

Psalms 122:1-9

Romans 13:11-14

Pray...

"Jesus, I long for your coming. Help me to get ready!"