

# AN ADVENT JOURNEY

Daily actions and reflections based on the scripture readings for each day



*'The call to Advent is a call to live wide awake so that we can be alert to God working in us and in our world to bring about the Kingdom. Awareness is another way of talking about being awake.*

*Work today to be aware of the needs of people around you.'*

Philip Berrigan and Elizabeth McAllister

## First Sunday of Advent 27 November

*Let us see, O Lord, your mercy and show us your saving help.* Gospel Accl. Ps. 84:8

- What prevents us from coming closer to God?
- How can we be more alert to his calling?
- How can we respond with love to the needs of others?

## Week 1 Monday 28 November

*Many will come from east and west to take their places in the kingdom of heaven.* Mt. 8:5–11

- Pray for refugees and asylum seekers that they will find food, shelter and a warm welcome in a new community.

## Tuesday 29 November

*In his days justice shall flourish and peace till the moon fails.* Ps. 71: 1–2. 7–8. 12–13. 17 r. 7

- Pray today for peace and justice to prevail in our broken world and for respect and tolerance amongst all peoples.

## Wednesday 30 November

*The Lord invites us to his banquet and wipes away the tears from every cheek.* Is. 25:6–10

- Offer to help at a local food bank or invite someone who may need support and friendship to share a meal with you.

## Thursday 1 December

*The person who does the will of my Father will enter the kingdom of heaven.* Mt. 7:21. 24–27

- Examine your current lifestyle.
- Are there changes you might make to benefit the common good?

## Friday 2 December

*Behold, our Lord will come with power and will enlighten the eyes of his servants.*

Gospel Accl. cf. Is. 45:8

- What are the most pressing issues in our world today?
- Respond with love and compassion.

## Saturday 3 December

*He will be gracious to you when he hears your cry.*

Is. 30:19–21. 23–26

- Turn to the Lord in prayer for all that troubles you personally and for our broken world.

## Second Sunday of Advent 4 December

*What marvels the Lord worked for us! Indeed we were glad.* Ps.125:1-2a, 2b-3, 4-5, 6

- Work for a renewed vision of Christ's love for all humanity – an unconditional love that does not judge or condemn.

## Week 2 Monday 5 December

*See, the king, the Lord of the world, will come. He will free us from the yoke of our bondage.* Gospel Accl.

- Pray for people who are imprisoned or persecuted for their faith - send a greetings card to show they are not forgotten.

## Tuesday 6 December

*God consoles his people.* Is. 40:1–11

- Look out for anyone who is lonely or bereaved and offer comfort and friendship.

## Wednesday 7 December

*Come to me, all you who labour.* Mt. 11:28–30

- Give practical support to those who are overburdened - perhaps a young family or an elderly person living alone.

## Thursday 8 December

*The Lord is kind and full of compassion, slow to anger, abounding in love.* Ps. 144:1, 9–13 r.8

- Is there someone in your family, a neighbour or a work colleague whom you struggle to love?
- Try to rebuild your relationship with them, inspired by today's reading.

## Friday 9 December

*Anyone who follows you, Lord, will have the light of life.* Ps. 1: 1–4. 6 r. cf. Jn. 8:12

- Reflect on ways in which you might show the light of Christ to others.

## Saturday 10 December

*Prepare a way for the Lord, make his paths straight. And all mankind shall see the salvation of God.*

Lk.3:4,6

- As we approach the half-way stage in Advent resolve to spend a few minutes each day in quiet prayer and reflection.

## Third Sunday of Advent 11 December

*The spirit of the Lord has been given to me. He has sent me to bring good news to the poor.*

Gospel Accl. Is. 61:1 (Lk 4:18)

- Does this verse refer to those who are materially poor or spiritually poor, or perhaps both? What does good news mean to you?

### Week 3 Monday 12 December

*Lord, make me know your ways.* Ps. 24:4–9 r. 4

- Pray today for a deeper understanding of the Lord's ways and for the humility to follow.

### Tuesday 13 December

*Look, the Lord will come to save his people. Blessed are those who are ready to meet him.* Gospel Accl.

- Find time today to meditate on a scripture verse that inspires you to come closer to God.

### Wednesday 14 December

*Go back and tell John what you have seen and heard.* Lk. 7:19–23

- Pray for the courage to talk openly about your faith with others.

### Thursday 15 December

*I will praise you, Lord, you have rescued me.* Psalm 29: 2. 4–6. 11–13 r.2

- Focus on all that is good in our lives, for the kindness of others, for the beauty of creation, and give heartfelt thanks.

### Friday 16 December

*John was a lamp alight and shining.* Jn. 5:33–36

- Does the light of Christ shine in our lives?
- Is our faith alive and active?

### Saturday 17 December

*Wisdom of the Most High, ordering all things with strength and gentleness, come and teach us the way of truth.* Gospel Accl.

- Pray for the wisdom to discern the right path and the courage to follow it, even if it may mean going against the crowd.

### Fourth Sunday of Advent 18 December

*The Lord's is the earth and all its fullness, the world and all its peoples.* Ps. 23: 1-6

- The psalmist reminds us that every living thing is part of God's creation; without him nothing would exist. We all share a responsibility to nurture the beautiful world God has created for everyone to enjoy.

### Week 4 Monday 19 December

*The Lord draws all the nations together into the eternal peace of God's kingdom.* Is. 2:1–5

- Join a local Interfaith or community action group.

### Tuesday 20 December

*Let the Lord enter! He is the king of glory.*

Ps. 23:1–6 r.7. 10

- In this final week of Advent, set aside time to focus on what Christ's birth means to you.
- Like the psalmist, offer praise and thanksgiving.

### Wednesday 21 December

*Key of David, who open the gates of the eternal kingdom, come to liberate from prison the captive who lives in darkness.* Gospel Accl.

- Jesus, descended from the line of David, is often called 'the light of the world'. His guiding light frees us from the dark and brings hope to all who trust in him.

### Thursday 22 December

*The almighty has done great things for me.* Lk. 1:46–55

- Give thanks to God for his constant presence in your life.

### Friday 23 December

*I am going to send you Elijah the prophet before the day of the Lord comes.* Mal.3:1–4. 23–24

- Prophets throughout the ages have tried to guide and encourage others to follow the right path and yet their words are often ignored or mocked.
- Remember with gratitude the prophets, past and present, who have inspired you.

### Saturday 24 December

*I will sing forever of your love, O Lord.* Ps. 88: 2–5, 27, 29 r. 2.

- In times of darkness and difficulty, remember to sing of God's love and turn to him in prayer.

- Pray the **Live Simply Prayer**

*Compassionate and loving God, you created the world for us all to share, a world of beauty and plenty. Create in us a desire to live simply, so that our lives may reflect your generosity.*

*Creator God, you gave us responsibility for the earth, a world of riches and delight. Create in us a desire to live sustainably, so that those who follow after us may enjoy the fruits of your creation*

*God of peace and justice, you give us the capacity to change, to bring about a world that mirrors your wisdom.*

*Create in us a desire to act in solidarity, so that the pillars of injustice crumble and those now crushed are set free. Amen.*

(LiveSimply/CAFOD)

National Justice & Peace Network

[www.justice-and-peace.org.uk](http://www.justice-and-peace.org.uk)

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