

Advent Companion 2020

The season of Advent is a time of waiting and watching... commemorating the anticipation of the Israelites awaiting the Messiah and remembering the promise that Jesus will one day return to take us to himself. But it is also a time to be extra mindful that the Lord wishes to come and make a home in our hearts this day and every day.

As we enter into this beautiful season of Advent, we wanted to provide you with a resource to help you enter more fully into this period of preparation through spending a little bit of time each day in prayer and reflection. If you do not already have one, we encourage you to **get a journal or notebook** that you can use throughout the entire season of Advent. Each day we will provide you with a passage of scripture from the readings for that day and a few reflection questions – we encourage you to take 10 minutes writing your thoughts and responses in your journal, and to conclude with a written prayer. We pray that by doing this, your mind and heart will be better prepared to celebrate the birth of Jesus Christ on December 25th.

Daily Reflections for the 2nd Week of Advent

SUNDAY (12/6)

“What sort of persons ought you to be, conducting yourselves in holiness and devotion... be eager to be found without spot or blemish before him, at peace” (2 Peter 3:11,14).

- How would you define holiness? What does holiness look like in daily life?
- What are the “spots or blemishes” in your life that hinder your growth in holiness?

MONDAY (12/7)

“Strengthen the hands that are feeble, make firm the knees that are weak, say to those whose hearts are frightened: Be strong, fear not!” (Isaiah 35:3-4).

- How can your life be a source of hope, strength, and encouragement for others?
- What are the fears and anxieties that you experience in life? Where do you turn for strength and support?

TUESDAY (12/8)

“Mary said, ‘Behold, I am the handmaid of the Lord. May it be done to me according to your word’” (Luke 1:38).

- Mary’s “yes” is our model of faith and trust in the Lord. Where is God asking you to trust him more right now?
- What role does Mary play in your spiritual life? What could you do to draw closer to Jesus through the Blessed Virgin Mary?

WEDNESDAY (12/9)

“Jesus said to the crowds: ‘Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light’” (Matthew 11:28-30).

- What burdens do you carry right now? How have you turned to the Lord to help you carry those burdens?
- How can learning to live like Jesus by being “humble of heart” bring “rest” to our souls?

THURSDAY (12/10)

“The Lord is gracious and merciful; slow to anger, and of great kindness” (Psalm 145).

- When have you experienced the kindness and mercy of God in your life?
- Who in your life right now needs to know God’s kindness and mercy? How can the witness of your life help them discover the love and goodness of God?

FRIDAY (12/11)

“I, the LORD, your God, teach you what is for your good, and lead you on the way you should go. If you would hearken to my commandments, your prosperity would be like a river, and your vindication like the waves of the sea” (Isaiah 48:17-18).

- What steps do you take to learn from the Lord what is good and the way you should live?
- Do you trust/believe that following the way of the Gospel will lead to your greatest good and happiness? Why or why not?

SATURDAY (12/12)

“Now have salvation and power come, and the Kingdom of our God and the authority of his Anointed” (Revelation 12:10).

- With the coming of Jesus, the Kingdom of God is at hand and the time of renewal is upon us. How has your life been transformed and made new by God?
- How can we live as a “kingdom people” in our daily lives and help others come to know Jesus as Lord and King of creation?