

2nd Sunday of Advent

The readings and gospel call us to reflect on, what attitude and approach do we have, towards our spiritual life. The attitudes and approach we have, in regards to our spiritual life, will determine the type of Advent we will have, which in turn, will shape the Christmas Season we will experience. Is our attitude and approach to our spiritual life, heavily influenced by secular influences, values, and/or activities? Or is our attitude and approach to our spiritual life, guided by the Trinity's truths and will for us? Is our Advent filled only with secular activities, secular priorities? Or do we try to practice the Cardinal virtues of Temperance and Justice, so as to moderate, balance out, the secular activities and priorities, with more spiritual fulfilling and rewarding activities and priorities, such as reading good spiritually rewarding books, meditating on the daily & Sunday readings, and spending more time in prayer?

Will we make an effort to go to a daily mass, which run 20-25 minutes, to spiritually nourish our souls? Will we make an effort to go to Confession, so as to have a more spiritually rewarding Advent, by strengthening our ability, to find and weed out those influences and activities, which lead us into sin?

Will we make an effort, to get to the weekend masses we will be attending, a few minutes earlier, to quiet our heart and mind, so as to enable the Trinity's graces, to help us to experience more transcendent, spiritually rewarding Masses; by more fully, consciously, and actively participating in the Mass?

In school, would we expect to do well, in sports or in classes, if we put in the same level of effort we put into our spiritual lives, into those school activities and pursuits? If we want to excel in sports or academics, how many hours do or would we put into those areas? If we look honestly into our lives, what grade would we receive, for our spiritual lives, based on the amount of time and effort we put into it?

At this mass, as we await to receive our Lord & Savior at communion, will we spend that time to prepare our heart, mind and will to more fruitfully receive the Trinity's graces given to us, when we consume the Most Holy Body & Blood of Christ; so Their graces can strengthen the Gifts and Fruits of the Holy Spirit and also strengthen the Theological and Cardinal virtues, in order to improve our ability to find and weed out those influences and activities which lead us into sin?

During the silent period, given us, after communion, will we use that time to pray, so as to continue to open our heart, mind, and will to the Trinity's graces, so those graces can continue to strengthen the Gifts and Fruits of the Holy Spirit and also strengthen the Theological and Cardinal virtues, in order to improve our ability to find and weed out those influences and activities which lead us into sin?

When we fail to work on finding and avoiding those influences, situations, and actions, which lead us to sin, will we make use of the sacrament of Confession, so as to be open to the Trinity's graces we need, to grow in our ability to continue to find and avoid those influences, situations, and actions, which lead us to sin?