

The First Sunday of Advent

Scripture: Mark 13:33-37

Lectio (Read):

- Take a moment to slow down and ask:
 - Who or what is this passage about?
 - Who is involved?
 - What action is happening?
 - Where is this event taking place? Does this happen anywhere else in the Bible?
- Take a moment to notice the details of this passage.

Meditatio (Meditation):

- Take a moment to better understand what we have read in Lectio by asking:
 - Why does this passage include these particular people?
 - Why are these details noted?
 - Why did the author use these patterns in their writing?
- If your heart is stirred by one particular observation spend time reflecting deeper on that observation before moving on to the next.

Oratio (Pray):

- As we grow in knowledge of scripture and deepen our meditation you may begin to ask deeper questions. We bring these things to God in prayer.
- Take a moment to bring what we find in scripture into contact with our lives and speak truthfully to God about what we see there. Ask:
 - What correlations and implications does this meditation have on my life and the lives of those around me?

Contemplatio (Contemplate):

- During contemplation we become the receiver of God's loving gaze.
- Take a moment of silence to rest in God's love for you.

Operatio (Act):

- This is the time in which our prayer becomes active
- Take moment to make a concrete resolution you will strive to accomplish this week.

Readings for the First Sunday of Advent

From the Lectionary:

"Jesus said to his disciples: 'Be watchful! Be alert! You do not know when the time will come. It is like a man traveling abroad. He leaves home and places his servants in charge, each with his own work, and orders the gatekeeper to be on the watch. Watch, therefore, you do not know when the lord of the house is coming whether in the evening, or at midnight, or at the cockcrow, or in the morning. May he not come suddenly and find you sleeping. What I say to you, I say to all: Watch!'"

Mark 13:33-37

From the Children's Lectionary:

"Jesus said to his disciples: 'watch out be ready! You don't know when the time will come. It is like what happens when a man goes away for a while and places his servants in charge of everything. He tells each of them what to do, and he orders watchmen to be on their guard. So be on your guard! you don't know when the master of the house will come back. It could be in the evening or at midnight or before dawn in the morning. But if he comes suddenly, don't let him find you asleep. I tell everyone just what I have told you. Be on your gaurd!'"