

## Second Week of Advent: Dec. 4-10

### INTRODUCTION

Find a comfortable space where you will not be disturbed. Close your eyes and begin to breathe deeply, taking a moment to set aside any distractions. Ask the Holy Spirit to show you things from the past day: the people you met, the work you did, and the conversations you had. Pay attention to any strong feelings or emotions, both positive and negative, as we reflect.

### REFLECT

See below for the daily reflection.



1. **GIVE THANKS** - Think of the blessings in your life over the past day. Ask for the grace to see where you were present and listened to someone unconditionally. Rest in this spirit of love, let it fill your heart. Thank God for these blessings.
2. **REFLECT ON THE DAY** - Ask the Holy Spirit to show you what went well during your day. Where did you share your love with others? Listen. What didn't go well? Where did you fall short of sharing your love with others? Listen. Ask the Holy Spirit to help you be aware of what needs attention.
3. **FIND GOD** - Where did you see God in your day? God's presence can feel like something calling you to grow.
4. **WHERE IS GOD CALLING ME TO GO** - Ask God to shed light on the challenges tomorrow will bring. Listen. Resolve to act lovingly.

### PRAYER

See below for the daily prayer.

## December 4

### REFLECT

As we head into the wilderness we are called to repentance. A radical conversion of one's entire way of life. It demands a turning away from sin and all that leads to it, while turning toward God in heart and action. Remain here awhile and ponder where your heart needs inner change.

### PRAYER

Loving God, you call us to inner transformation which will change our lives to what is true. Keep me rooted in the hope of your Gospel of love.

## December 5

### REFLECT

As we sit in the wilderness, we are left in the tension of knowing and not yet knowing. Cutting out the sharp bends and treacherous bumps on our path to give us a clearer and safer view of what is ahead or approaching. What obstacles are keeping you from being whom God has called you to be?

### PRAYER

Loving God, help me face the truth of who I am and who you call me to be.