

## #16 Prayer Video Series 30 November 2020

### What does Advent mean to us?

The few weeks before Christmas can be a busy time for some people. That is one reason why many Catholics (and other Christians) do not take the Season of Advent very seriously.

The 4 weeks leading up to Christmas are meant to be a time of waiting, preparing and joyful expectation for the celebration of Christmas (25<sup>th</sup> December).

Just as Lent prepares for Easter, so Advent should be a spiritual time to prepare our hearts and minds for Christmas.

Every day of life is an opportunity to ask God to help us to come to know Jesus more clearly, to love Jesus more dearly, and to follow Jesus more nearly.

And Lent and Advent are special times of the year when we are encouraged together to make an extra very special effort to pray more and practice following Jesus way of love more closely – always with Jesus love and support for each one of us.

When today's gospel tells us to "Stay Awake", it does not mean to have less sleep! No, it is very important to get plenty of deep sleep; it is most unhealthy to be tired all the time.

To "Stay Awake" really means to think more about Jesus and pray more to Jesus; and with Jesus help become more kind, caring and generous.

Let us pray to Jesus to remind us of his special love every day, every hour, every minute, and every second. Indeed, He is with us while we have a restful sleep at night time.

Thank you, Jesus. Amen. Have a good Advent week!

