

Advent

Week One

Love Came Down
when Heaven was born in to Earth



A meditation based on Mark 13:33-37

Be watchful! Be alert! (Mark 13:33)

It's the First Sunday of Advent, and you have just received an invitation: The Most High God requests the honour of your presence at the entry of his Son into the world. This unprecedented event will be followed by a joyous celebration in two locations: heaven and earth. The event will take place on December 25, and you are encouraged to spend the next four weeks preparing for the festivities.

Welcome to Advent – a season of hope and expectation! Over the course of the next month, you may be part of family gatherings. You might re-enact time-honoured traditions: buying gifts, decorating homes and preparing special meals.

And to crown all these observances, Jesus himself will come and visit you. As today's Gospel tells us, we may not know when he is coming, but he promises he will come. Even now, he is looking for new ways to touch your heart. Right now, he is preparing special gifts of grace and blessing for you -- Advent and Christmas presents that he will give as you open your heart to him.

What kind of gifts will he give? Reminders of his Father's love. A sense of hope as you face life's challenges. New insights and wisdom that you can share with your loved ones. Freedom from guilt as you lay your sins and failings at his feet. And above all, peace and joy as he tells you that he has you in the palm of his hand.

So, take up his invitation today! Do everything you can to be alert and ready to receive Jesus and his gifts. Try to spend a little more time in daily prayer and Scripture reading. Go to Confession so that you can get rid of anything that blocks you from receiving his love and his gifts.

Jesus wants to celebrate with you. And he's given you a whole month to get ready! Step by step, day by day, you can draw closer to the Lord – and feel him draw closer to you!

TODAY'S OTHER READINGS

Isaiah 63:16-17, 19; 64:2-7

Psalms 80:2-3, 15-16, 18-19

1 Corinthians 1:3-9

Pray...

"Jesus, I accept your invitation. By your Spirit and your grace, help me to get ready for your coming on Christmas Day."

Sunday, 3rd December 2017



The First Sunday of Advent symbolises Hope with the "Prophet's candle" reminding us that Jesus is coming



[Four Gifts for you this Advent](#)

The four weeks of Advent are a time of spiritual preparation that begins with an awareness of our own longing and leads us to a deeper openness to the many gifts God wants to give us. This article offers a reflection on a different spiritual gift for each week of Advent.

[Children's Advent Calendar Printable](#)

Each day of Advent find an idea to help you prepare for Jesus' birthday.