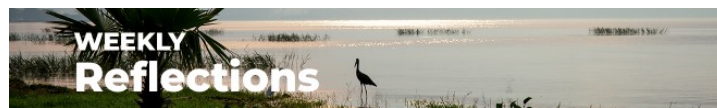


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Based on the gospel for 28 November, First Sunday of Advent: Luke 21:25-28, 34-36

"Stay awake, praying at all times..."

Today is the beginning of Advent, the great season of expectant waiting. We wait in anticipation for the celebration of Jesus' birth at Christmas and, as today's gospel reminds us, we are also waiting in hope for the day when Jesus comes again.

The gospel today is disturbing. As we hear Jesus predicting destruction and suffering, we may find ourselves lamenting all that is not right in our world: poverty, injustice, the climate crisis, the global pandemic.

The opportunity of Advent is not to ignore this reality but to "stay awake, praying at all times", as we yearn for and work for the coming of God's Kingdom. As we enter this season of waiting, we remember it is a season of active waiting. We join Saint Paul's prayer, asking God to increase our love for the whole human race, so that we can bring hope and healing to all creation.

Eternal God,
you will come when we do not expect you.
Help us to welcome you now in one another,
to reach out to our sisters and brothers
who are in need of care and support.
In this way may we be found ready,
when you come again in glory.
Amen.



Advent calendar

As Advent starts on Sunday, join us in prayer and reflection throughout the season. You can also sign up to emails for a daily reminder.

[Explore our Advent calendar](#)


World Gifts

Poverty doesn't do price cuts and neither do we. Choose World Gifts this Black Friday and help families in poverty to change their lives.

[Browse World Gifts](#)


Advent family prayer ideas

Share the hope of the Advent season with your family or families in your parish with these prayer and activity ideas.

[Find family prayers](#)

This reflection and prayer were taken from our [Advent calendar](#).



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