

Conclusion to Advent

As the season of Advent draws to a close, we find ourselves on the threshold of Christmas—the celebration of Christ's birth. Over these weeks, we have journeyed through **Hope, Peace, Joy, and Love** as we prepared our hearts for the Savior.

Advent has reminded us that waiting is not wasted time. It is a sacred invitation to trust God's timing and to live in readiness for His promises.

Now, as we step into Christmas, may we carry the spirit of Advent with us. May we continue to wait with hope, live in peace, rejoice in God's goodness, and love with open hearts.

The Light has come—and He is with us always.

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Week 3: Joy

A Lightness of Being

Reflection:

This third week, known as Gaudete Sunday, invites us to rejoice. Joy is more than a fleeting emotion—it is a response to God's goodness, even in difficulty. The coming of Jesus is the ultimate cause for joy. The shepherds, the angels, and even Mary sang for joy at the news of His arrival. Let us, too, lift our hearts and voices in celebration. The Lord is near!

Prayer Prompt:

God of joy, teach me to rejoice in You, regardless of my circumstances. Fill me with the joy that comes from knowing You and anticipating Your coming.



Week 4: Love

God with Us

Reflection:

Love is the heart of Advent. In sending His Son, God wrapped Himself in humanity and moved into our neighborhood. Christ's coming is the ultimate act of love—sacrificial, unearned, and everlasting. As we light the final candle, we are reminded that love is not just something we receive; it's something we're called to live out. In this final stretch toward Christmas, let us embody that love in our relationships, generosity, and compassion.

Prayer Prompt:

Lord, thank You for loving me first. Help me to share that love with others, not just in words, but in action and truth. May my life reflect the love of Christ this Advent.



Advent Adventure: Hope, Peace, Joy, and Love.



Missionary Society
of St. Columban



Introduction to Advent

Advent is a season of waiting, watching, and preparing, marking the beginning of the Christian liturgical year and spanning the four weeks leading up to Christmas. The word Advent comes from the Latin *adventus*, meaning “coming” or “arrival.” It is a time when we reflect on the coming of Jesus Christ—both His first coming in Bethlehem and His promised return in glory.

This season invites us to slow down and pay attention. In a world that rushes toward the holidays, Advent calls us to pause and make space in our hearts and homes.

Each week of Advent centers on one of these themes:

Hope, Peace, Joy, and Love. As we light the candles, pray, and reflect, we are reminded that Christ’s story is not just one we remember—it’s one we live. Christ has come. Christ is coming again.

Advent is not just a countdown to Christmas; it is a spiritual journey that prepares us to receive Christ more deeply and live more faithfully.

Week 1: Hope

Awaiting the Light

Reflection:

As Advent begins, we are reminded that hope is more than wishful thinking—it is a confident expectation rooted in God’s faithfulness. In a world that often feels dark and uncertain, the light of Christ breaks through, promising a future that is secure in Him. This week, let us pause to remember that God’s promises are true. The long-awaited Messiah has come, and He will come again. We wait in hope, not passively, but with hearts prepared and eyes lifted toward the horizon.

Prayer Prompt:

Lord, help me to live with hopeful anticipation. Even when the world feels uncertain, remind me that You are always at work, bringing light into darkness.



Week 2: Peace

Calm in the Chaos

Reflection:

The peace Christ offers is unlike the temporary calm the world gives. It is a deep, abiding peace that anchors us amid life’s storms. This week, as the pace of the season quickens, we are invited to slow down and dwell in the stillness of God’s presence. Advent peace isn’t the absence of conflict, but the presence of Christ. He is our Prince of Peace, reconciling us to God and one another.

Prayer Prompt:

Jesus, during holiday noise and personal unrest, be my peace. Quiet my anxious thoughts and remind me that Your presence is enough.



New Dawn, New Birth

Lord, I know that you always give us
The chance to start again with you.
In spite of all our failings,
All our neglect of you and your love.
You are always ready to forgive,
To take away our darkness
And give us a fresh hope.
Your birth was a sign of new hope,
Like the new dawn
Fresh in the morning sky.
Let the splendor of your birth,
The miracle of your being-with-us,
Light up our hearts and minds,
To bring us the blessing of your love always.
Amen

