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**December 1<sup>st</sup> 2024 1<sup>st</sup> Sunday of Advent Year C Luke 21:25-28,34-36**

<sup>21:25</sup>‘There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves.

<sup>26</sup>People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. <sup>27</sup>Then they will see “the Son of Man coming in a cloud” with power and great glory. <sup>28</sup>Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.’

<sup>34</sup>‘Be on guard so that your hearts are not weighed down with dissipation and drunkenness and the worries of this life, and that day does not catch you unexpectedly, <sup>35</sup>like a trap. For it will come upon all who live on the face of the whole earth. <sup>36</sup>Be alert at all times, praying that you may have the strength to escape all these things that will take place, and to stand before the Son of Man.’

<p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life.</p>	<p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition.</p> <p>➤ <b>Action</b> – Attitude (Call to change / to act /to do).</p>
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In this week’s gospel Jesus is asking us to stay awake and always have hope because we never know when we will receive grace filled moments.

Are there times in our lives when we fall asleep and loose hope? It is good to know Jesus is there for us and can fully understand our state of mind. To hear His words of comfort we must stay awake and wait in the belief that He hears our call.

**Prayer:**

**Thank You Lord** for the people who have always been there for us when others sleep .

**Forgive us Lord** for giving up too quickly and for ceasing believing in you because we are impatient.

**Help us all Lord** not to despair but to stay awake believing that you are only waiting to hear our call .