

## Lectio Divina

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| ➤ <b>Read and re-read</b> , out loud and slowly the Gospel                      | ➤ <b>Pray</b> - Thanksgiving - Repentance - Petition         |
| ➤ <b>Meditate</b> on reading as being spoken to you, an experience in your life | ➤ <b>Action</b> - Attitude (Call to change / to act / to do) |
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November 29<sup>th</sup> 2015 1<sup>st</sup> Sunday of Advent - Year C - Luke 21:25-28, 34-36

The gospel readings for Advent each year invite us to meditate on the mystery of waiting and they do so by telling us the stories of great people who know how to wait with patience. Today we see Jesus as the model who showed us how to wait in joyful hope. He asks us to stay awake and always have hope because we never know when we will receive grace filled moments.

When were the times in your life that you fell asleep and lost hope? Who were the people there for you and helped you to a new life with hope and joy?

Prayer:

Lord we thank you for those who are always there for us while others sleep.

Forgive us for the times we gave up too quickly when problems arose and stopped believing in your help because we were too impatient.

Help us Lord not to despair in these very dark days but to stay awake believing that you are waiting to hear our call for help.

