

A Day by Day Spiritual Journey Through Advent
With Deacon Chris

Wednesday of the Second Week of Advent

Light a candle and make sure it is safe and don't leave unattended.

Food for Thought

Have you got your Christmas food sorted out? Where are you going for your meal? Will it be something different? We take our time sorting out what we need to buy and when. Is there enough room in the freezer? Will the turkey fit in the oven? We have lots to think about. Food is vital for our existence and if we can do something to help others who are truly struggling to provide then how good it is to chip in (pun intended).

But hunger is something that happens every day of the year not just on 25th December or any other major faith festival.

We also have another hunger. A hunger for Christ, for the Blessed Eucharist that we need for our journey. Thankfully we are able to receive Christ at Mass.

And there is yet another hunger. One that we perhaps don't recognise but that is the word of the Lord. We can be fed by the scriptures. They feed our heart and our minds. At Mass we feast on the word as we hear it proclaimed from the Altar of the Word. Then we feast on Body and Blood of Christ that we receive from the Altar of Sacrifice.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Heavenly Father, you created everything that we can see. The sun and the moon and the stars are truly amazing but they are not to be subjected to any form of worship. You are the one true God who calls us to love with all that we have. We are to love our neighbour also. Through our Lord Jesus Christ your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

Reading

Isaiah chapter 40 verses 25 to 31

The Jewish people are still in exile in Babylon but there is hope. The reading starts with a very simple question about who can we liken God to. Why has that question been asked? False gods have been made out of a vast array of objects. The sun, moon and stars for a start. Remember the golden calf. There are idols and statues and even people and the devil. None of them can bring true happiness. The devil will promise the earth and it will cost our soul if we take him up on it. At the end of the day all we will have is hell fire.

The prophet is saying that God knows every star by name. Simply because he made them and as it put in the reading he drills them like an army.

Your Own Time.

Rosary. Let us offer this decade for all the people who work on the land. For some that is every day of the year..

Concluding Prayer

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Lord , you are the Word and the Sacrament which nourishes every time we receive them. Grant us the grace that will encourage us to come to you with an open heart to accept and believe that you are the Christ who has come into the world. Amen.

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.