



Awakened by Light: An Advent Journey

Advent is a season of watching, waiting, and preparing our hearts for the coming of Christ—the Light that no darkness can overcome. These short daily reflections are designed to draw your attention to that light as it appears in Scripture, in your surroundings, and within your own life.

Each day's reflection concludes with two invitations:

- **Where did you see the light today?** A brief prompt to notice God's presence—whether in joy, challenge, silence, or surprise.
- **Whisper Prayer:** A one-line prayer to carry in your heart as you go.

Together, these reflections are not just about arriving at Christmas. They are a way of walking with Christ as He draws near—and letting His light awaken something new in you along the way.

First Sunday of Advent

Matthew 24:37-44

"Therefore stay awake! For you do not know on which day your Lord will come."

Reflection

This time of year, everything competes for our attention—and yet we're also a little sleepy, a little weary, from the season's endless expectations. So it's fitting that Jesus begins Advent with a jolt: a call to wake up. He's not trying to scare us. He's turning on the light so we can see where we're going. Even if we have to squint at first, it's a mercy—a chance to prepare not just for Christmas, but for eternity.

Where Did You See the Light Today?

How do you hope Advent will shine light into your everyday life? More prayer? A clearer sense of God's nearness?

Whisper-Prayer

Jesus, I may not feel ready for the light. Help my spiritual eyes adjust so I can prepare for You.

Monday of the First Week of Advent

Matthew 8:5-11

"Amen, I say to you, in no one in Israel have I found such faith."

Reflection

Sometimes it takes an outside perspective to awaken us to the truth. Today, Jesus meets a Roman centurion who believes so deeply in His authority that he knows Jesus doesn't even need to be physically present to heal. That kind of bold, expectant faith makes Jesus pause—and marvel. His response is a promise: *everyone* who comes in faith has a place at the banquet.

Where Did You See the Light Today?

Did someone outside your usual circle reveal something true or good to you—maybe even without realizing it? Sometimes light reaches us from the edges.

Whisper-Prayer:

Lord, I am not worthy to have you enter under my roof; only say the word and my soul shall be healed.

Tuesday of the First Week of Advent

Luke 10:21-24

"...for although you have hidden these things from the wise and the learned you have revealed them to the childlike."

Reflection

Advent invites quiet and waiting, but the world around us is loud and glittering. Children seem made for this season of lights—and maybe that's the point. Jesus reminds us that it's not sophistication or a theology degree that helps us see God's plan unfolding, but wonder. When we make space for that childlike spirit, we begin to see more clearly the joy He's already revealing.

Where Did You See the Light Today?

What small thing caught your attention today and made you feel a flicker of joy or wonder? Don't dismiss it—it might be light breaking through.

Whisper-Prayer

Lord, open my eyes more and more to the wonder of your salvation.

Memorial of Saint Francis Xavier, Priest / Wednesday of the First Week of Advent

Matthew 15:29-37

They all ate and were satisfied.

Reflection

After three days of healing the blind, lame, deformed, mute, and others, Jesus and everyone around Him was hungry. Seven loaves and a few fish were all they had—and yet, Jesus laid out a banquet for them, and *they all ate and were satisfied*. There were even leftovers. This Gospel reading reminds us of the saving banquet of the Eucharist. It not only satisfies our spiritual hunger; it is visible, tangible proof of God's love for us in sending His Son. This is the Light that shines for us, from the manger-crib to the Cross.

Where Did You See the Light Today?

Look back on a moment today when your heart felt full—perhaps after a meal, a conversation, or a quiet pause. Let that fullness echo the abundance of God's love.

Whisper-Prayer

Bread of Life, You satisfy me with more than I knew I needed.

Thursday of the First Week of Advent

Matthew 7:21, 24-27

"Not everyone who says to me, 'Lord, Lord,' will enter the Kingdom of heaven."

Reflection

Sometimes the words of Jesus catch us off guard. We want the Jesus who says "Good job" or "You tried your best"—and we do hear those words in the Gospels. But sometimes Jesus just gets real with us. Today's Gospel reminds us it isn't enough to say, "Lord, Lord," if we're not interested in actually listening to His teaching and living it out. Jesus invites us to turn on that bright light in our hearts, so we can set our spiritual house firmly on the rock.

Where Did You See the Light Today?

Was there a moment when you knew the right thing to do—even if it wasn't easy? That clarity is light. Honor it.

Whisper-Prayer

Jesus, give me the grace to build my life on You—and not just my words.

Friday of the First Week of Advent

Matthew 9:27-31

"Do you believe that I can do this?" "Yes, Lord," they said to him.

Reflection:

Today's Gospel offers the flip side of yesterday's reading. Two blind men, following Jesus, beg Him for healing. And they aren't just saying the right words—they're acting on their belief. Jesus keeps walking toward His destination, and they follow as best they can, calling out for His mercy. Only when Jesus reaches His destination does He turn to address them. Their persistence, despite the difficulty, demonstrates their faith. And their eyes were opened—and they saw the Light.

Where Did You See the Light Today?

Have you kept following Jesus through spiritual darkness or silence? What helped you persevere?

Whisper-Prayer

Jesus, I believe—help me keep following You, even when I cannot see.

Saturday of the First Week of Advent

Matthew 9:35-10:1, 5a, 6-8

At the sight of the crowds, his heart was moved with pity for them because they were troubled and abandoned, like sheep without a shepherd.

Reflection

As Christians, we often feel a sense of pride and mission when we hear today's Gospel: "The harvest is abundant but the laborers are few." It is our commission today as much as it was in Jesus' time. But the call to this mission comes straight from Jesus' tender heart. The crowds were troubled and abandoned. They needed Him. Before we run forward to bring people in, let us pause and pray that the tender heart of Jesus might break open our own hearts to the need.

Where Did You See the Light Today?

Who in your life is "troubled and abandoned"? How is Jesus inviting you to see them through His eyes?

Whisper-Prayer

Jesus, move my heart with pity for the lost and forgotten.