

Waiting Well: Advent with Fr. Mike Schmitz Second Week of Advent

Lord, guide our thoughts and words as the birth of your Son draws near. Help us to overcome our shortcomings and be more like Mary, our Mother. Guide us through this week so that we may appreciate every blessing and respond with Mary's joy. Amen.

After watching the Sunday Homily with Fr. Mike Schmitz for this second week of Advent, take a few minutes to reflect on how this past week went:

-  Did you find ways to change your perspective on Advent and slow down?
-  What was holding you back from finding peace?
-  What are some of the greatest sources of your worry right now, and do they stem from a lack of trust in God's timing or goodness?

When you feel worry beginning to creep in, get into the habit of praying, "O Jesus, I surrender myself to you, take care of everything!" Think about examples in your life of God's timing or goodness that disprove the need for this worry.

Create a challenge for the week (whether it's a prayer challenge, a reflection challenge, or a moment of silence). Let this challenge be something that helps you intentionally work through the season of Advent so that you're focusing on Christ.

Bible Verses and Reflections for the Second Week of Advent

Monday (Breath) read *Luke 1:38*. Recall Mary's words in today's Gospel reading: "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Is God calling you in ways that you're choosing to ignore? How might you try to be more receptive to the Lord's plan?

Tuesday (Love) read *Isaiah 40:11*. Like a shepherd, Jesus will care for us, and we can be vulnerable with him. Yet too often, we try to protect our hearts by keeping ourselves from loving. Today, ask God to help you open your heart, both to him and to others.

Wednesday (Rest) read *Matthew 11:28*. What is a burden you've been taking upon yourself that you aren't meant to carry? Ask Jesus to release you from that burden and to help you carry no more than he wishes you to carry.

Thursday (Poverty) read *Isaiah 41:19-20*. Like the plants in a wasteland, we depend on God's grace and love. How can you focus today on depending on God, letting his hand guide you in your daily actions?

Friday (Receive) read *Revelation 12:1*. When Our Lady of Guadalupe appeared to St. Juan Diego, the circumstances surrounding the most defining moment of his life were not what most of us would consider ideal. He was fifty-seven years old, caring for his dying uncle, and the bishop did not believe him. Yet, he trusted in Our Lady's words. What is something you're dealing with that you don't want to receive? How can you reframe it to accept it calmly and with hope that God can work through it?

Saturday (Understanding) read *Psalms 80:19* Think of a friend who inspires you.