



Thursday, December 7

A nation of firm purpose You keep in peace; in peace for its' trust in You. Trust in the Lord forever! For the Lord is an eternal Rock. (Isaiah 26: 3-4)

Reflection: We cannot eliminate upsets and anxiety from our lives, but Advent is a good time to slow down and remember where we should look for stability and peace. Throughout these weeks of preparation for the celebration of Jesus' birth, the scriptures for our liturgies tell us again and again to turn to God, to build our house on the rock of Jesus. Only there we will find peace.

Advent Action: Make a phone call. Call someone you have been meaning to speak to, but for some reason you have not done so.

Prayer: Lord, may I truly bring peace to others that I may be at peace with myself and one with You.