



Wednesday, December 13

"Come to Me, all you who labor and are burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy and My burden light." (Matthew 11:28-30)

Reflection: Are there burdens I can let go of? Sometimes we make other people's problems our own. What burdens that are not my own can I give to God? Remember the old phrase, "Let go and let God."

Advent Action: Send a card or call a friend or loved one who lost a family member during this past year. Let them know you are praying for them and thinking of them.

Prayer: Lord, I give over all my cares to Your most Sacred Heart that I may be at rest in You.