



## BLESSED ARE YOU!

By Sr. Jane DeLisle, CSJ

### Today's Gospel Acclamation

*Alleluia, alleluia.*

*Come and save us, LORD our God;*

*Let your face shine upon us, that we may be saved.*

**PSALM 80:4**

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### Reflection

This first week of Advent, I have decided to reflect on Advent quotes in hope of stirring up desire for God's life among us. Thomas Merton wrote that ***“the Advent mystery is the beginning of the end of all, in us, that is not yet Christ.”***

It seems to me that Merton has landed on a truth that I know in my own soul. God dwells among us and saves us through Love. The witness to this great love is Jesus, who is God incarnate among us. Not just once when he lived as a

human person among God's people, but also now in and through the lives of genuinely good people who strive to be loving, kind, compassionate in all their relationships.

To be numbered among genuinely good people necessitates personal reflection upon the manner of our living and our motivation woven through our living and relating. I know in myself both God with me and my need for God as I navigate light and darkness.

***“Advent does not lead to nervous tension stemming from expectation of something spectacular about to happen. On the contrary, [Advent] leads to a growing inner stillness and joy allowing me to realize that [the one] for whom I am waiting has already arrived and speaks to me in the silence of my heart. Like the expectant mother feels the child grow in her and is not surprised on the day of the birth but joyfully receives the one she learned to know during her waiting, so too, Jesus can be born in my life slowly and steadily and be received as the one I learned to know while waiting.” Henri Nouwen, Genesee Diary***

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### **For Pondering**

- How do I articulate my desire for God to be the primary relationship in my life?

- For whom do I wait? What does waiting feel like, or look like?
  - What is the evidence in my life that God is already within me?
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## For Prayer

*Gracious God,  
I have come to know that everything is wrought by your love and grace:  
both our prayer in the days of contemplation  
and our outward achievements.  
Therefore, I pray in the words of the Church's Advent cry:  
**Stir Up Your Might And Come!***

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