

November 30, 2025



Daily Reflections



Center for
Spiritual
Development

STAY AWAKE

By Julie Mussché

Excerpts from Today's Readings

*He shall judge between the nations,
and impose terms on many peoples.
They shall beat their swords into plowshares
and their spears into pruning hooks;
one nation shall not raise the sword against another,
nor shall they train for war again.
O house of Jacob, come,
let us walk in the light of the Lord!*

ISAIAH 2:4-5

*Brothers and sisters:
You know the time;
it is the hour now for you to awake from sleep.
For our salvation is nearer now than when we first believed;*

*the night is advanced, the day is at hand.
Let us then throw off the works of darkness
and put on the armor of light.*

ROMANS 13:11-12

*Therefore, stay awake!
For you do not know on which day your Lord will come.
Be sure of this: if the master of the house
had known the hour of night when the thief was coming,
he would have stayed awake
and not let his house be broken into.
So too, you also must be prepared,
for at an hour you do not expect, the Son of Man will come.*

MATTHEW 24:42-44

Reflection

Have you ever had occasion to try to stay awake while watching your favorite program or reading an enthralling book and then find yourself, hours later, bounced awake from a sound sleep with the sun coming up? Try as you may, the power of the need for rest takes over, and yet it is often light that rouses us. The themes of wakefulness and light seem to permeate today's readings for this First Sunday of Advent.

Today's readings enrich the meaning of this doorway day into this sacred time of the year. We enter into a time of waiting and anticipation, of hope and promise. Lighting the first candle on the Advent Wreath reminds us of God's promise to return, the prophet's message to "walk in the light of the Lord." We are coaxed to wake up and to stay awake, the time is at hand, a time of salvation and the return of the Son of Man.

Where are you invited by the Spirit to travel this Advent? What is your deepest desire, what are your hopes and dreams as you wait in anticipation for God's promise to be fulfilled? How do you celebrate and linger in the moment? What are some of your Advent traditions? How can the Spirit guide you out of darkness toward the dawn?



Seal Beach Pier, December 2024

Photo by Julie Mussché

For Pondering

Consider the following as you begin this Advent ... select a word or phrase from today's reading, then consider and reflect on the following:

What is the personal message to you of the word or phrase? Ask yourself:

- Why should I value the word or phrase as I walk toward God's light?
- How does the word or phrase directly impact my life?
- Where and when can I actualize the word or phrase in my Advent practices or actions to shine God's light on others?
- Who exemplifies living out the word or phrase? (This individual could be from scripture, a formative figure, or someone you know personally)
- What are some ways for me to strengthen my pursuit of the ideas or virtues emerging from the word or phrase?
- How do I feel about the invitation to grow in pursuit of these ideals or virtues?
- How can God assist me in this desire?

For Prayer

O God, help me to enkindle the light of Your love in the world.

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