



“Lord,
come and
save us.”

(Ps 146)

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December 14, 2025

Written by
THE
FAITHFUL
DISCIPLE

Third Sunday of Advent

Is 35:1-6a, 10 | Jas 5:7-10 | Mt 11:2-11

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

One morning, I woke up feeling exhausted after a fitful night of sleep. I was achy and generally under the weather. Despite this, I made a to-do list because the day's work still needed to be accomplished. I was determined to not let this sickness interrupt my productivity, even though I *knew* I needed to rest. It occurred to me, then, that rest — and dependence on others and God — is sacred also. In today's psalm, we hear of the many ways the Lord provides: The *Lord* gives, the *Lord* raises, the *Lord* loves, the *Lord* protects, the *Lord* saves. We cannot accomplish our own salvation, but we can rest in the promise the Lord provides, and we can hope in the salvation offered in Christ. As we wait in joyful anticipation for the coming of Jesus at Christmas, let us find time to rest in his Word and his presence, trusting that our salvation does not depend on us and has already come to fruition in Christ.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

As we saw in our psalm, God is the one who takes initiative, who provides for our salvation. In our work to share the faith with others, sometimes our task is simply to help others become aware of the ways God is providing for them by pointing out the signs of his action in their lives. When the disciples of John came to Jesus asking if he was “the one who is to come” or whether they should “look for another,” Jesus reminds them of the evidence all around them: the blind regain their sight, the lame walk, lepers are cleansed, the deaf hear, and the dead are raised. As we help others to see God's work in their lives, we are also leading them to greater faith and trust in him.

REST

We are more able to see the signs of God's providence in our lives when we take time to reflect. Make time to rest in God's presence this week. This could mean stopping into a chapel for a couple minutes of quiet prayer, reflecting on Scripture using *Lectio Divina*, or reading the story of Christ's nativity in the Gospel. These simple practices will prepare our hearts to recognize Christ's presence and goodness at each moment of our lives.