



November 30, 2025

First Sunday of Advent

Written by
THE
FAITHFUL
DISCIPLE

Is 2:1-5 | Rom 13:11-14 | Mt 24:37-44

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

For many in the upper latitudes of the northern hemisphere, this is the darkest time of the year, the time when the duration of daylight is at its lowest. It's providential, then, that our first reading calls us to "walk in the light of the Lord!" Paul tells us that we do this by "throw[ing] off the works of darkness" and "put[ing] on the armor of light." While we might not struggle with the vices listed in Paul's Letter to the Romans, each of us has our own struggles against sin. As we begin this Advent season, let us take time to do a thorough examination of conscience to discern areas of weakness and sin – those "works of darkness" Paul talks about – in our own lives. Then, consider taking up practices that help you to foster the opposing virtues to arm yourself against these temptations. As you grow in these virtues, you'll certainly be on your way up the mountain of the Lord and walking in his light!

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Today's Gospel calls us to vigilance. Jesus tells us, "Therefore, stay awake! For you do not know on which day your Lord will come." While he is speaking about our need to be ready to meet the Lord when he comes at the end of our lives, it's also an invitation for us to always be ready to share our faith with others whenever the opportunity presents itself. As Scripture says, we should "always be ready to give an explanation to anyone who asks you a reason for your hope." (1 Pet 3:15) We never know the moment when someone will come to us in need of prayer, a word of encouragement, or with questions related to their own spiritual hunger. We must always be ready to meet them where they are and offer a word of hope.

PRAY

Take a moment to pray this week for those "divine appointments" – those individuals who might come your way – seeking encouragement or insight into the spiritual questions in their lives. Ask for the grace to be "awake" so that you're ready to meet them when they come. We can't always predict when these encounters will happen, but we can prepare ourselves to receive these persons as Christ and offer them our full attention and love.